THE SATURDAY EVENING POST

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Christmas in Stockbridge

Dr. Henry Heimlich

Gift Guide

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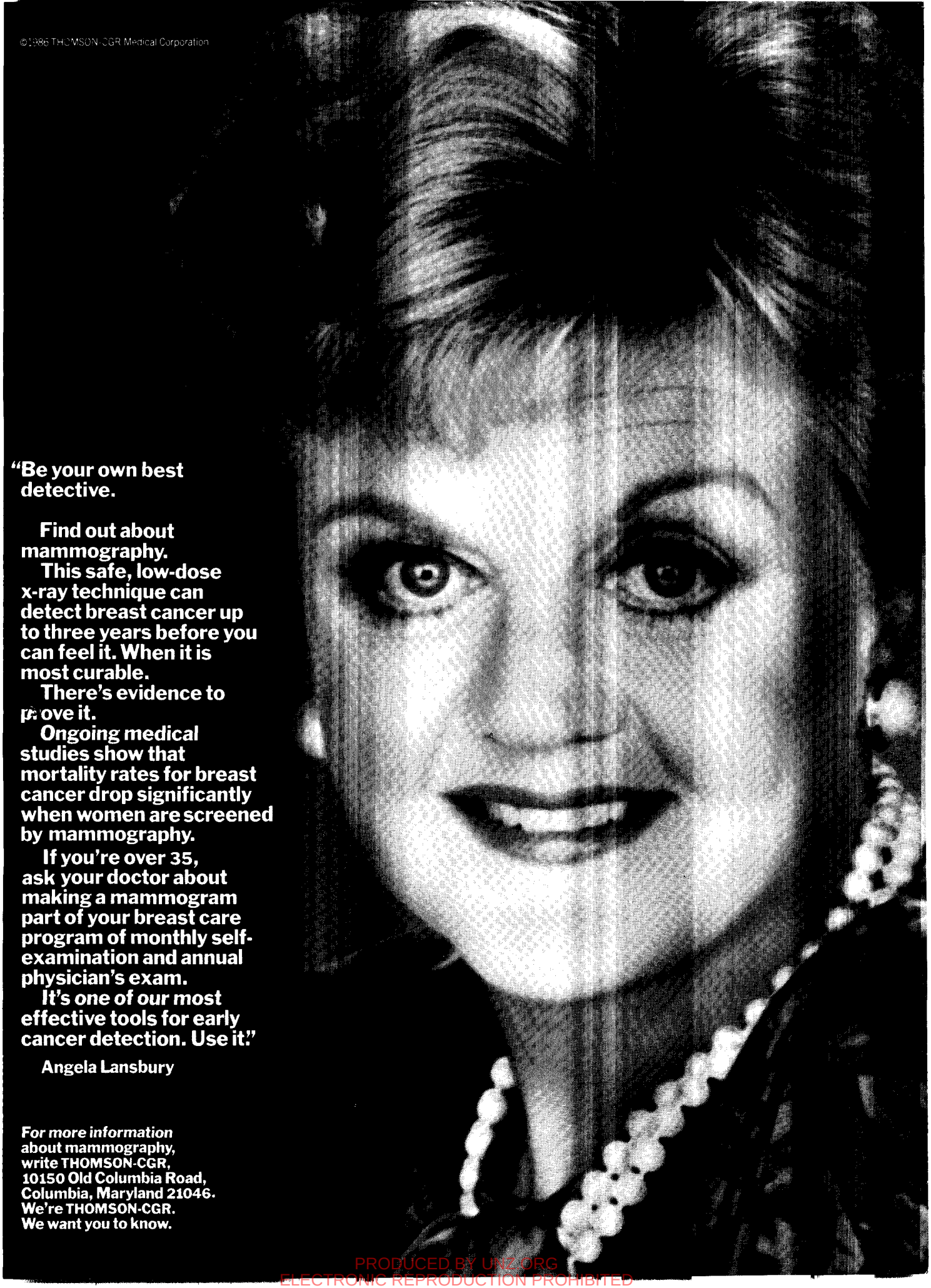

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Letters

MH Mystery

In 1976, while stationed at the U.S. naval school in San Diego, my husband suffered a third-degree shoulder separation as a result of a motorcycle accident. The injury required surgical repair. The surgery, originally estimated to take three hours, lengthened to four. Recovery-room time was nearly double that of friends and relatives we'd known who had undergone lengthy surgery. The minute my husband returned to the ward, I knew something was terribly wrong. His entire body had turned crimson. His blood pressure was 175/120; temperature elevated to 104° F. No one could tell me what had gone wrong. The surgeon refused to answer my questions. Had I not been a nurses' aide for two years on a surgical floor, I wouldn't have been so alarmed. But I surmised my husband had suffered an adverse reaction to the anesthetic, even though no one would confirm my suspicions. The worst shock came a week after surgery when the bandages were removed and we could both see the burns left from the electrode pads used to monitor my husband's heart rate during surgery. I had only seen those marks on patients who'd arrested on the table. My husband experienced severe pain and suffered from a sort of general malaise for months following the operation. Due to complications, a second surgery had to be performed nine months later. We alerted the surgeon to my husband's adverse reaction, and the second surgery went beautifully. My husband felt great on awakening, and his recovery was uneventful.

It was not until five years later, in 1981, that I finally named my husband's malady. While waiting for an OR team to prep me for minor surgery, I read a placard pasted near the anesthetist's equipment. Under the headline Malignant Hyperthermia, I read a detailed list of symptoms that corresponded identically to my husband's attack in 1976. Only then did I realize how close my husband had come to meeting his Maker.

When under stress or in crisis situations, my husband turns crimson and runs a fever. He tested positive for CPK levels but was later informed

continued on following page

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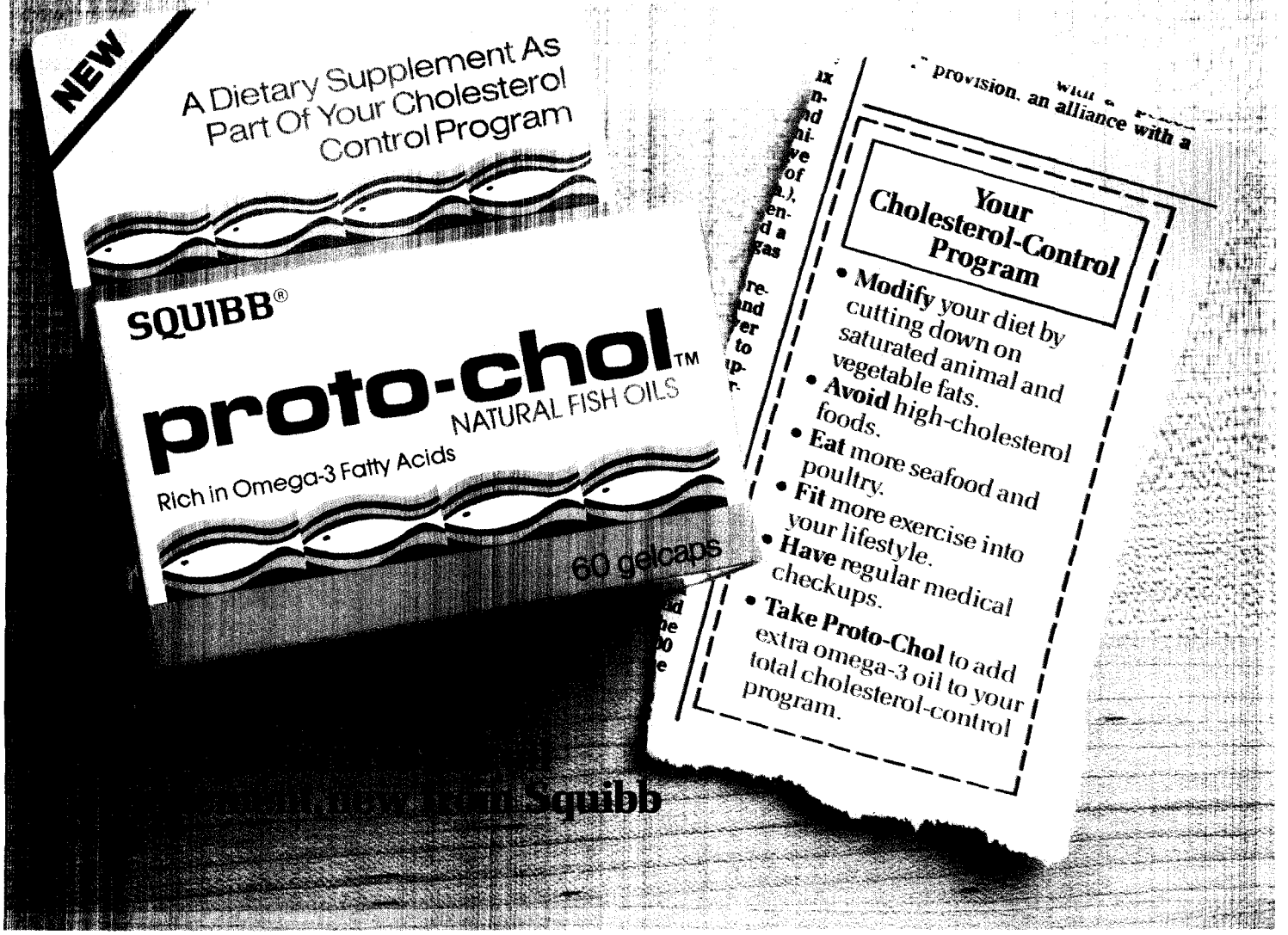
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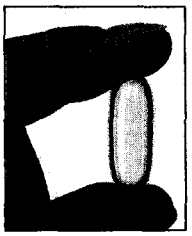

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that the test had been determined unreliable. One physician told him MH can be the result of an enzyme deficiency. I'm wondering which enzymes. One important fact I would like you to make note of: dantrolene, the medication which must be used to treat MH victims, is extremely toxic to the liver. My husband's doctor maintains that should an MH victim also be a heavy drinker or an alcoholic, the dantrolene could seriously damage or even destroy the liver. She recommends a liver scan for all MH victims undergoing nonemergency surgery.

Please keep us posted on any further information concerning this potentially deadly disease.

Teresa L. Benns
Denver, Colorado

Post Apostle

I eagerly await each issue of *The Saturday Evening Post* to learn about the basic, common-sense foods, vitamins, amino acids, etc., being used to help diabetics, hypertensives, herpes and mono victims. What pleases me most is being able to recommend a diet or amino acid that does not require a doctor's prescription and in most instances has been proven so effective.

I've introduced L-lysine to doctors, nurses, paramedics, garden-club and church members, and friends from North Carolina to Florida to Texas. They have been pleased with the results.

Thank you for the wide scope of interests and encouragement you give to your readers and your colleagues in research. The tone of your magazine is one of hope, faith, trust, and love. We need all of this and to practice it each day.

Margaret Hines Mueller, R.N.
McLeansville, North Carolina

Thank you for the kind things you say about lysine. A recent study at Baylor University, where patients were found to have fewer herpes simplex cold sores when they consumed 1,000 milligrams per day of lysine, will please you, I know. We put our necks out early for a product we believe will help people; since it has been proved for so many years to be without any known harmful side effects, we are sure that many more people should try this method of avoiding herpes occurrences. Your words of encouragement are a blessing.

Unhappy Cramper

At present I am 63 years old. A few years ago I began to experience quite severe muscle cramps in the feet and legs, especially at night. My sister told me that I needed to get more calcium into my diet, especially by drinking milk. I have done this with quite a lot of improvement. However, I still experience quite a few cramps in my hands and very occasionally severe cramps in my legs. I drink three glasses of low-fat milk daily, and I've been taking two calcium tablets as supplements. I exercise quite a bit by bicycling. Do you have any suggestions for what other means I could use to prevent these muscle cramps?

It would help to have the address at the head of your column.

Rev. William H. Ryan
Alpine, Texas

Many of our readers report improvement in leg cramps when they take Slow-Mag, a time-released magnesium supplement. It is available by writing to The Saturday Evening Post Society.

Yogurt for Yeast

Responding to the lady from Saint Petersburg, Florida, who wrote wondering if there was a simple solution to cure yeast infections, this is my story: After taking an antibiotic of any kind all down through the years, I would always have a yeast infection which would take some time to heal. I either heard or read years ago about eating yogurt to combat this problem and finally decided to try it.

I have taken an antibiotic twice in the past year for a 30-day period each time for a skin disorder, plus two short-time periods for another problem—all four times I ate four ounces of plain yogurt daily (sometimes more) during the course of treatment. Sometimes I would add a few spoons of baby-food fruit to help the taste. If you bought fruited yogurt, you would need to eat the entire container of eight ounces to get the needed amount of yogurt. I am happy to say that all four times I did not incur the yeast infection. Your reader/writer might try eating yogurt daily. Personally, I did not continue the yogurt beyond a day or two after finishing the bottle of antibiotic. I have heard that drinking buttermilk will also prevent yeast infections, but I have not tried this remedy.

Also, for cystic mastitis, what worked a miracle for me has been a 100 percent caffeine-free diet.

Lastly, I eat oat-bran cereal daily

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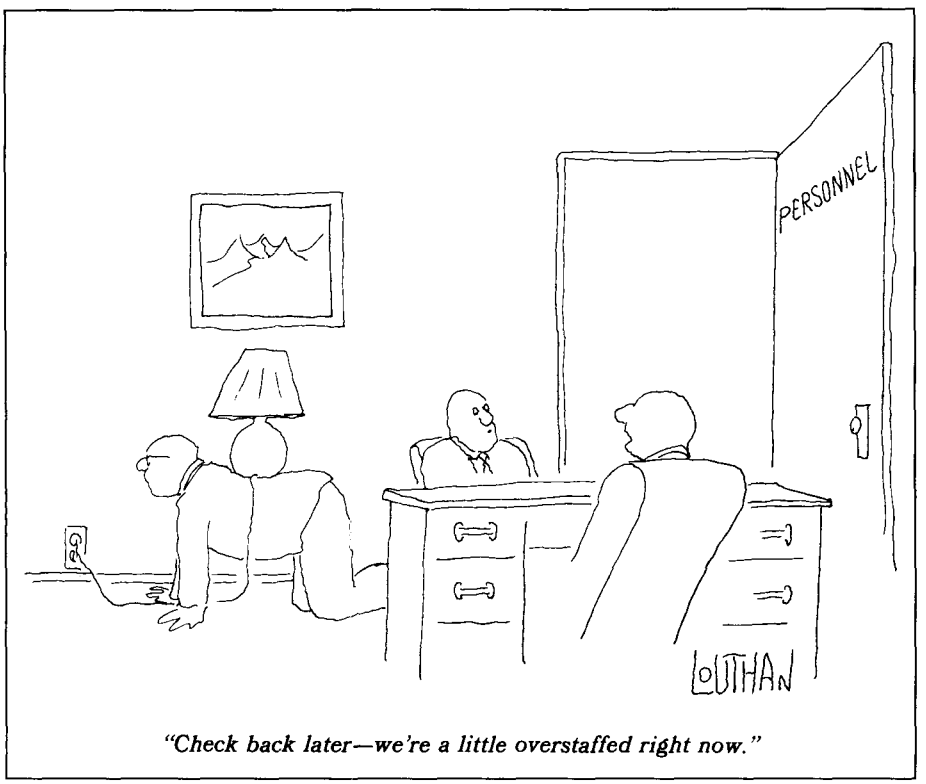

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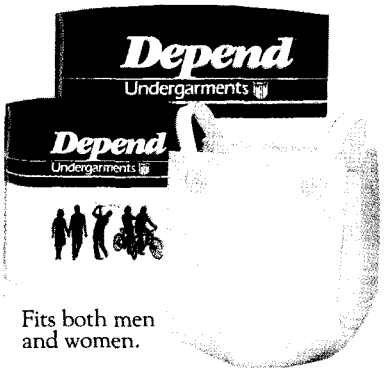

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for breakfast. I have found it dissolves easier in cold water than hot. I make the muffins using the recipe on the oat-bran box—using the ¼ cup of molasses (for iron) and leaving out entirely the ¼ cup sugar. I put them in freezer bags and bring out several at a time to thaw in the refrigerator. I split one and use diet oleo and put it in my toaster oven. This makes an excellent snack with a glass of low-fat milk instead of a piece of pie or cake.

L.J. Dark
Shreveport, Louisiana

Ma'amobile

Praise God for *The Saturday Evening Post* and the traveling Mammobile! What a blessing this health-care service was to our people. Many cancers will have been prevented and good health habits established because of your vision and generosity.

We will be glad to host the Mammobile for any week that fits your schedule, but we are putting in our reservation for at least once a year.

Thanks again on behalf of our congregation and myself.

Dr. T. Garrott Benjamin, Jr.
Senior Pastor
Light of the World Christian Church
Indianapolis, Indiana

Capital Gains

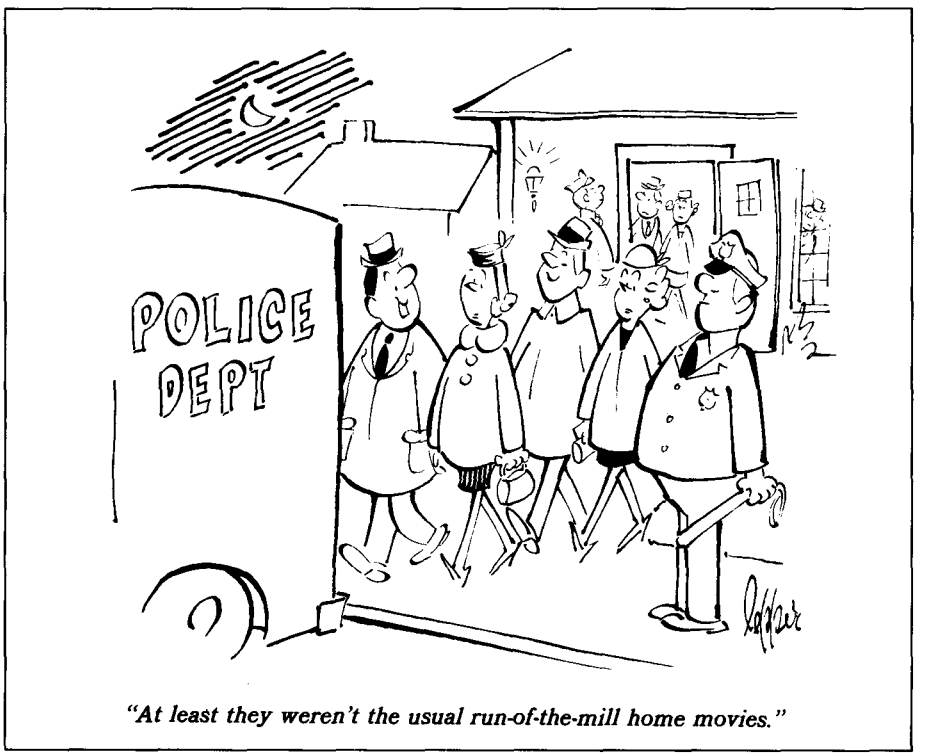
I think you should know the result of one trip to your mobile mammography unit, located on Constitution Avenue in Washington, D.C. It will, I hope, encourage you to continue this service.

I am 56 years old and had never had a mammogram; I have since learned that many women of my generation do not and are very casual as well about breast self-examination and gynecological visits. A member of my staff mentioned that your mammogram unit was parked outside IRS and that it was a free service; most of our federal health programs do not cover the cost of these screenings, and a typical cost here is $50 to $75. I had the mammogram done and two weeks later found myself standing in my post office, reading the radiology report announcing the probability of cancer.

No one had spilled coffee on the film. A second mammogram confirmed the first, and I had a biopsy which was positive, followed by an axial dissection, which proved negative. Considering the ballpark I am now playing in, I'm doing well. But I would not have known anything about this for a very long time, probably too late, given my casual attitude toward medical examinations, had your unit not pulled up on Constitution Avenue and waited for us to walk in.

My thanks for this service, a splendid educational effort and, for me, probably lifesaving. Synergy operates; I noticed a great exodus in my office this week to the gynecologist and the screening center, which can also be attributed to your good work.

Elsie T. Freeman
National Archives and Records Admin.
Washington, D.C.



"At least they weren't the usual run-of-the-mill home movies."

Clean-Air Corps

I am a nurse at Digital Equipment Corporation. I am interested in your article "The Butt Stops Here," by Maynard Stoddard, April '86.

Do you have a listing of other companies that have smoke-free environments? I would like to write to them concerning their protocol, events leading up to the decision, policies, and more.

We nurses would like Digital to join them!

Fawn M. Gagnon, R.N.
Maynard, Massachusetts

We are sending to you under separate cover a listing of 64 employers who reportedly have issued total bans on smoking in their facilities. We also are enclosing a copy of a similar list of those with partial bans.

People who are interested in helping establish similar rules in their companies are urged to contact Action on Smoking and Health, 2000 H Street N.W., Washington, D.C. 20006. They will provide copies of the lists we sent to Ms. Gagnon and other information that should prove helpful.

Out with the Gout

My husband suffers from gout or something like it. He has been to several doctors, and they all say it is not gout because of his low uric-acid level, but they can't say what it is.

It affects both ankles and both knees. One time it will be in his ankle, another time in his knee. It will swell; it will be hot and red. It is so painful he cannot walk on it. If he stays off it, it may last three days to a week. Then maybe four to six months later it will hit him again.

All he can do is prop his leg up, take strong aspirin (500 mg), and maybe put a cold pack on it. All that helps, but we would like to know if there is a prevention.

He is suffering with it this weekend. Last Thursday night we went for a walk and walked briskly at one

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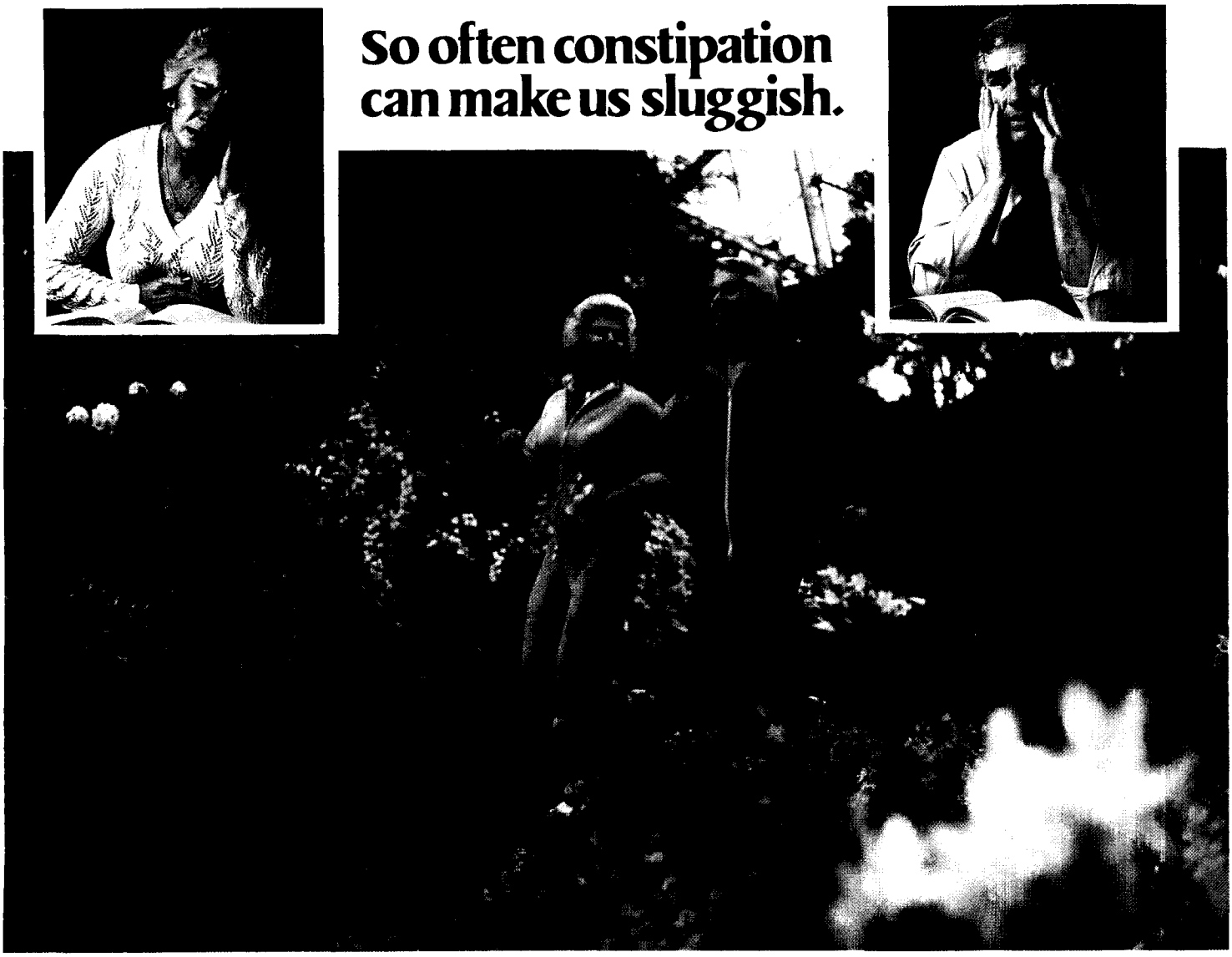

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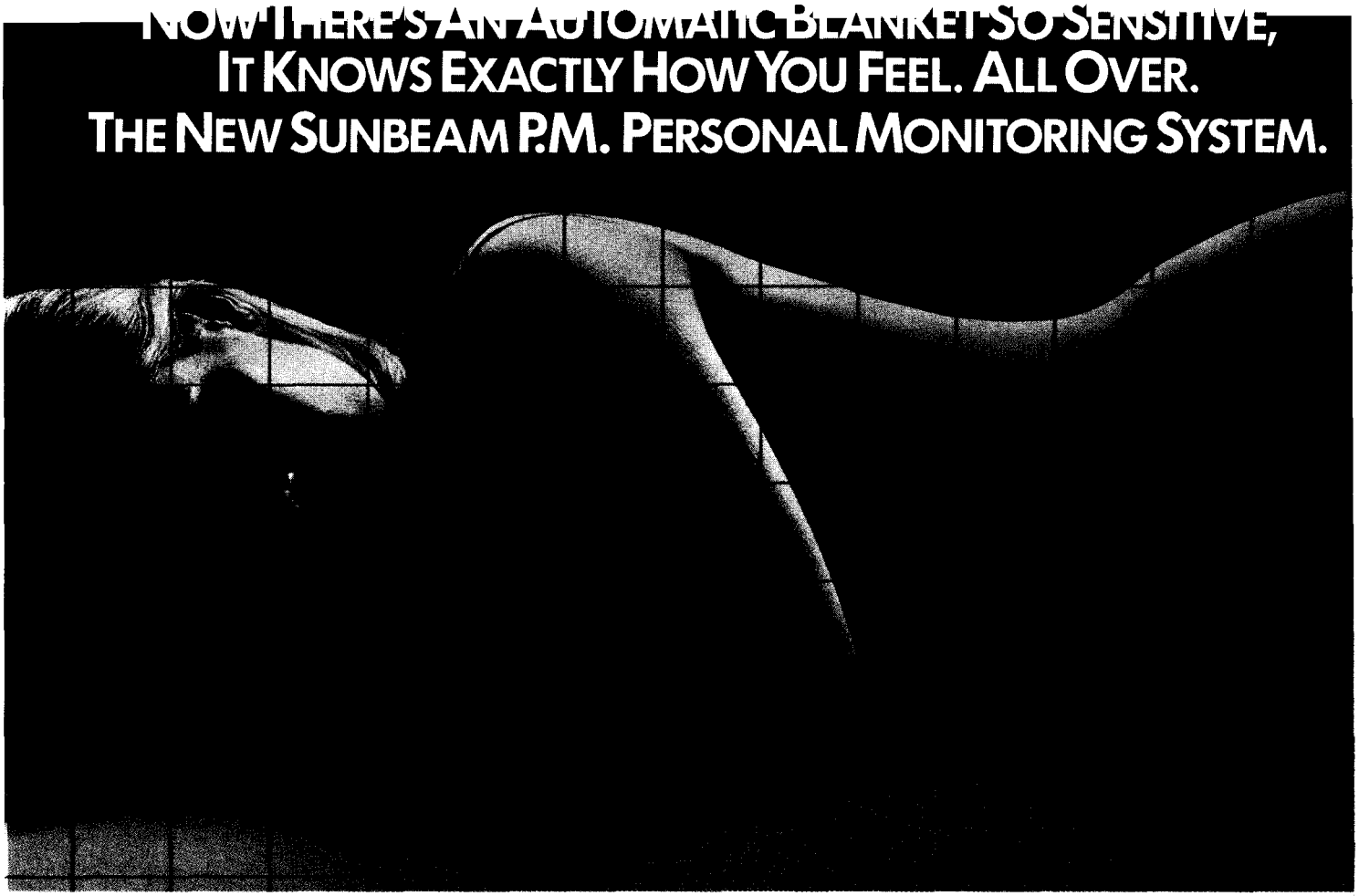
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point. His ankle started hurting almost immediately. At this writing he is in terrific pain.

Dr. SerVaas, do you have any answer or suggestion for us?

Mrs. Marsha Sample
Virginia Beach, Virginia

It is very difficult to attempt a diagnosis by mail, but I would strongly urge you to find a good rheumatologist in your area who would give your husband a complete medical checkup. In the meantime, some of our Society members have been very much helped with muscle cramping and muscle spasms by taking Slow-Mag. It is a new product in this country and the Society will be happy to send you a sample bottle if you write for it. Would you please let us know if it helps the pain?

Sore Relief

I have read your recent article in *SatEvePost* Oct. '86.

I have had bouts of canker sores for 15 years or longer. And I found this article interesting. But I was unable to determine which foods I was to avoid other than peanuts, chocolate, jello. And I could find nothing definite about arginine—is it possible for you to send me a list of foods containing arginine for me to avoid? And another list of foods high in lysine. I did go to the health store and get a supplement of L-lysine, 500 mg of which I have taken three a day. I did seem to find an improvement almost immediately, but the canker sores could have peaked and been ready to recede. I would be willing to try to avoid these foods high in arginine. Could you please send me a list of foods pro and con?

Doris Galetto
Vineland, New Jersey

My daughter has been taking lysine for almost a year and is forever grateful for my telling her about it. It has done what no cream or doctor's prescription had accomplished.

Elizabeth Shufelt
Worcester, Massachusetts

Helper Wanted

I look forward each month to your "surprise" article in the *Post*. Since I've resubscribed in 1982, I have managed to keep all the *Post* magazines, with your very humorous stories—except one! I don't know where it went, but in September or October 1982 *Saturday Evening Post*, your article was entitled "The Carpenter's Helper"—I think. Is there any way I can acquire either the article or the magazine in which it appeared?

Mrs. Sam A. Langley
Hortense, Georgia

Gateway to Understanding

I read with interest Dr. William Bennett's (U.S. Secretary of Education) comment (*Saturday Evening Post*, September 1986) about answering the seventh-grade student's tough question. The question was, "How can you tell a *good* country from a *bad* country?" As an educator (teacher and principal) for these past 27 years, I have used his "gate" test theory to explain the Berlin Wall. If you take down the wall (open the gate), which way will the people run. . . will they run *into* a country or will they run *out* of a country? In other

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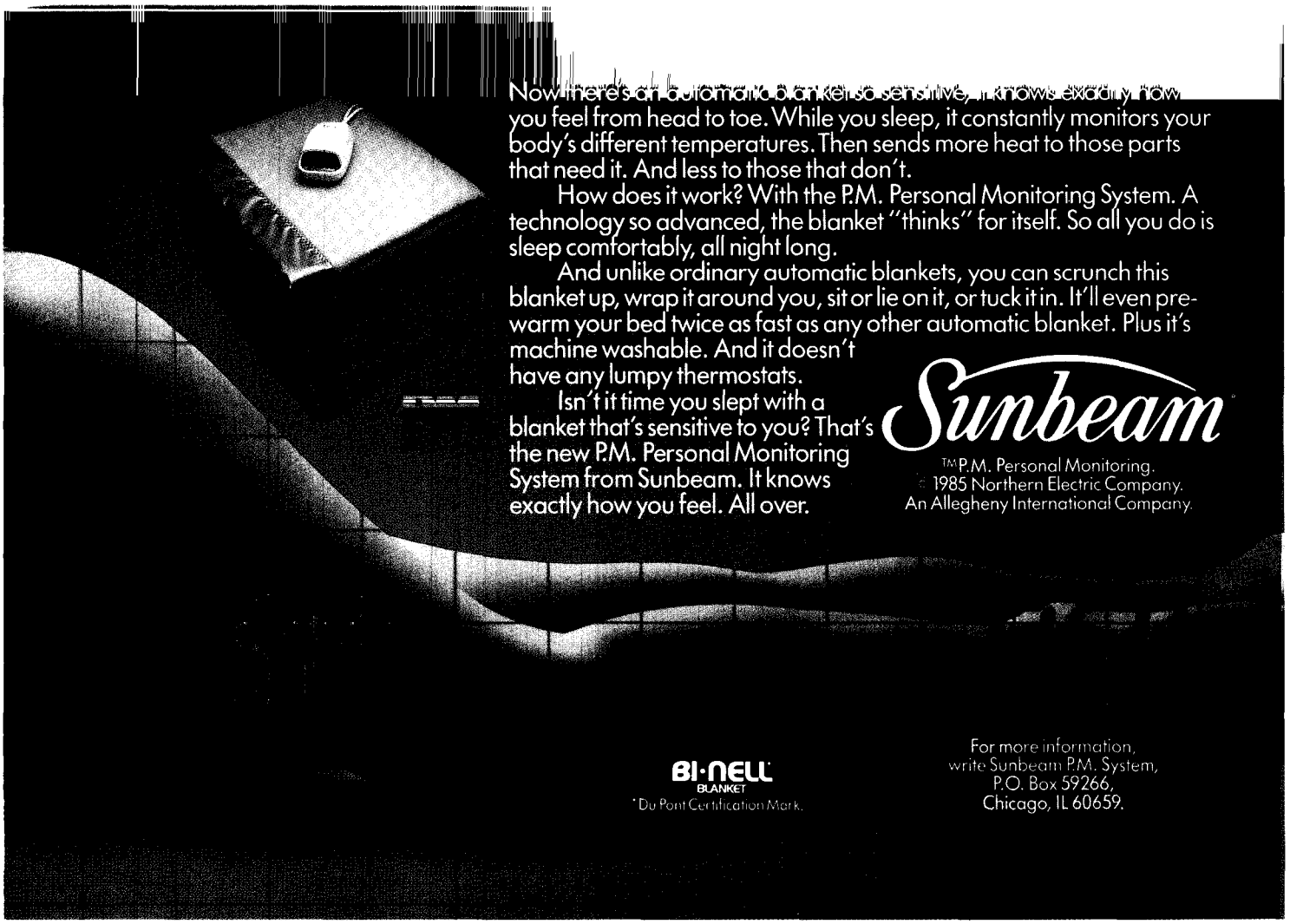
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words, will they run to the good and away from the bad? This example of the open "gate" sounds reasonable, but it needs more explanation so that young minds can understand it in its proper perspective.

The problem is that most children equate "bad" with "evil," and that's not necessarily so. If the "gate" was opened between Mexico and the United States, many people would undoubtedly run to the U.S. side. The children must understand that that doesn't make Mexico a bad or evil place. I don't want the Mexican children or any of the children to interpret the "gate" as separating the "good" people from the "bad" or "evil" people. I want them to understand that some tough economic times can sometimes cause people to go through that "gate" to feed their families.

Now I am not a "bleeding-heart liberal," whatever that means. And I don't condone things that are illegal. I'm just saying that I can empathize with innocent people who get caught in a crunch, and I can sympathize with their flight to better conditions. Most of all I want the Mexican children to know that their country and people are not bad or evil. They just have some terrible economic problems that must be corrected in the future. I hope that as these children on both sides of the border grow, they will work together to make that border a place of friendship and peace, and that people on both sides can live in harmony for the good of all mankind.

Guy Carrozzo
Westminster, California

Article Appreciation

After I returned a questionnaire to you, the reprint of Dr. Christian Jansen's article on pernicious anemia was received. I don't know how you could possibly give such individual attention to returned questionnaires but would certainly be remiss not to thank you, however it happened.

I've written to Dr. Jansen for more information and am also looking forward to receiving various grains ordered.

Dorothy Eschenbrenner
Decatur, Georgia

Spread the Maneuver

After seeing your "drowning" feature on yesterday's "700 Club," I am both shocked and challenged! Most of us have been taught by our mothers and grandmothers to slap the back of a choking victim. Consequently, this just comes natural to us, like blinking our eyes.

I have long known of the Heimlich maneuver and its worth but have not properly learned it. I want to! Also, I feel our public schools should offer training that would produce children skilled in first aid and CPR. Perhaps a brushup course each year would sharpen these skills.

Because I want to make my community aware of this important information and our wrong teaching, I have asked for the materials you offered. If you know of any other resources I should check or people I should contact, would you please let me know? I want to write articles for newspapers and magazines. Is there anyone in particular you know of who would be especially interested?

Sharon Mysicka
Barronett, Wisconsin

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Post People

A medical detective when it comes to breast cancer, ***Dr. Ritva Butrum***, of the National Cancer Institute, is a walking encyclopedia of medical trivia lore. Did you know that women

in China who (for cultural reasons) nurse their infants from one breast have more instances of cancer in the unnursed breast? And that women in Alaska who sometimes nurse the neighbors' babies have a very low incidence of breast cancer?

When the supersonic Concorde flight from London was two hours late, an embarrassed British Airways offered its premium-paying guests a £250 (about $350 in U.S. currency) rebate. When the flustered flight attendant presented the $350 in cash to the ever mischievous ***Henry Kissinger***, he was overheard to say, "My dear young lady, in the United States my time is worth more than $350 for just *one* hour."

If you haven't yet met the lovable, huggable ***Kristy Koala***, the first official mascot of the American Lung Association, you are about to. The koala bear, not really a bear but a marsupial, has a very sensitive respi-

ratory system, and thus it is a perfect envoy for this "Christmas Seals" organization.

As a mascot, this adorable, plush koala will represent a new line of no-smoking products with such salubrious messages as "If you MUST smoke. . . don't exhale!"

The special NBC world-premiere movie *Christmas Eve*, scheduled for this holiday season, brings ***Loretta Young*** back for her first TV role in 23 years. The Oscar and three-time Emmy winner will add that touch of class to her role as a lovable if eccentric woman of wealth who goes to great lengths to bring her scattered family together for one last Christmas.

The ice-dancing magic of Olympic gold-medal winners ***Torvill & Dean*** (Jayne and Chris, to their friends) has been compared to that of Fred Astaire and Ginger Rogers. Their flawless performances, especially of "Paso Doble," a bullfighter on ice with his partner as a cape, have left sportswriters complaining, "This isn't competition, it's art."

Torvill & Dean's present 60-city U.S. tour includes a benefit performance in Andover, Maryland, for the Nancy Reagan Drug Abuse Fund.

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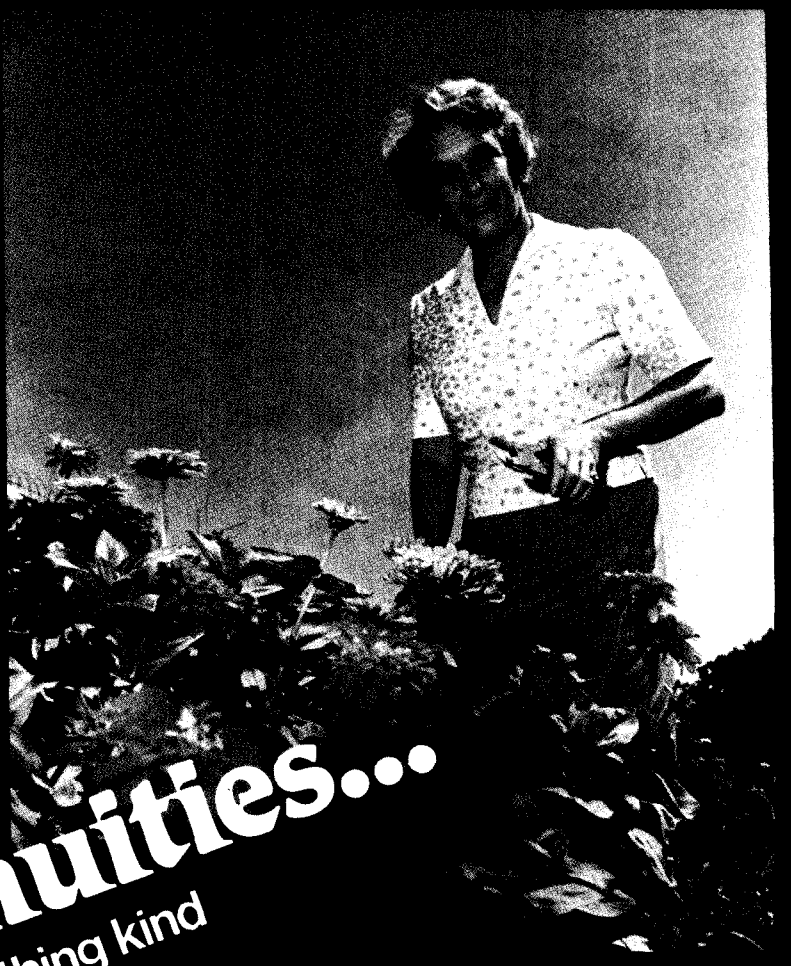

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TOOTH SAVERS

How to sneak a snack without sacrificing your dental health.

by Frances Sheridan Goulart

Getting pie-eyed over snack foods? Pack a toothbrush—at least until further notice. A cavity-free mouth may be a piece of cake by the year 2010, but for now we're stuck with our Water Piks, brushes, flosses, and common sense.

Immunologists at the National Institute of Dental Research (NIDR) say there may soon be a way to immunize against cake-and-candy-produced decay by inducing antibody formation in your saliva. Also on the horizon is "cloning" of new enamel in decayed teeth —researchers have identified one of the four genes responsible for the production of this enamel. And laser-beam therapy may soon be able to smooth out tooth pits and fissures on the chewing surfaces of teeth, which are breeding grounds for decay.

But in the meantime, if you're part of the 75 percent of all Americans sweet on snacks, it pays to snack smart. First, the good news: Snacking can be a *good* habit. A Pennsylvania State University nutritionist, Helen Guthrie, says people who snack between meals tend to have better-balanced diets than those who stick with the traditional three squares a day. She found no evidence the snackers were more overweight than nonsnackers. Those who ate both meals *and* snacks came closer to meeting their vitamin and mineral needs. For such people, snacks provided 20 percent of the day's food energy (calories), 15 percent of the day's important vitamins, 20 percent of most minerals, and 14 percent of the day's iron.

Now the Bad News

So what makes snacking bad? The wrong snack choices, snacking too often, and the absence of a faithful brush-floss-rinse follow-up. If you're guilty of all three, you're in for trouble.

There's even more bad news: So-called "health foods," such as many granolas, can have the same cavity-causing potential as a chocolate bar. The NIDR study says rats fed 12 to 17 "nutritious" snacks a day for 2½ years showed extensive decay. Granola, cereals, bananas, and raisins get as many demerits as cupcakes.

Tooth decay occurs when the bacteria in the mouth that digest carbohydrates produce acid, which in turn destroys tooth enamel. Sugar keeps bacteria making acid for 20 minutes after you've eaten. The carbohydrates that do the dirty work are supplied by many snack foods. (Even the carbohydrates in fiber-rich pasta, cereal, and breads can cause trouble when they ferment and you don't brush.)

Although citrus fruits are an important part of a balanced diet, orange, grapefruit, and lemon juices can be as hazardous to dental health as some soft drinks. They contain citric acid and fructose, the fruit sugar in all fruits, and they can eventually wear away enamel, even the tooth root covering. To deter damage, avoid chewable vitamin C tablets, and don't suck on lemon, lime, or orange wedges. Use lemon juice for tea, salads, and fish in moderation.

Satisfying the Snack Attack

It's easy to satisfy a snack attack without sacrificing your dental health.

Cavity Breakers	Cavity Makers
Natural cheese: Aged Cheddar, Swiss, Monterey jack	Cookies (No. 1 are cream-filled chocolate)
	Candy (especially chewy taffy types)
Raw vegetables: Celery, lettuce, carrots	Presweetened breakfast cereals, including granola
Popcorn	Regular soft drinks
Nuts	Chewing gum
Yogurt without sugar added	Soft and dried fruit (raisins, bananas, etc.)
Natural carbonated mineral water and tea	Citrus fruits and juices
	Honey and other sweet syrups

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First, choose tooth-friendly foods. Have sparkling mineral water, not sugar-laden soda, for example. Certain cheeses, especially Cheddar, actually slow down decay by neutralizing acids. Cheese is also rich in the two most important tooth-health nutrients —calcium and phosphorus.

Step 2: Read labels. Ninety percent of all processed snacks contain sugar as a flavor enhancer. Tip-off terms: any word ending in "ose" as well as corn syrup, molasses, or honey.

Step 3: Eat well and widely from all the food groups. A nutritional imbalance anywhere in the body can make you more susceptible to dental disease. In addition to calcium and phosphorus, folic acid and vitamin C are important nutrients for dental health. (Studies at the University of Texas Health Science Center in Houston indicate that vitamin C as a mouthwash kills and prevents regrowth of one specific kind of bacteria implicated in periodontal disease.) Good noncitrus sources of vitamin C include strawberries, kiwi fruit, cabbage, peppers, broccoli, and Brussels sprouts, which have twice the vitamin C of oranges.

Such snacks as carrots, cheese, nuts, and celery should rank high on your snack list because they are least harmful to teeth, the American Dental Association says. Fluoride counts, too. Fluoride combines with enamel to increase tooth resistance to acid attack and decay. It also mixes with plaque and saliva; it thus may impair the bacteria's ability to produce acid. Three "natural fluoride" foods for snack breaks: some sparkling mineral waters, tea, and seafood.

Step 4 is after-snack hygiene:

- Brush or rinse after each snack. Best decay-reducing threesome: a toothbrush with soft, rounded bristles, a fluoride paste, and dental floss.
- Keep a portable tooth-care kit in your briefcase or purse and in the glove compartment of your car.
- If you can't brush, eat a cube of cheese as a snack "chaser," or rinse your mouth thoroughly with water.

With smart snacking and dental diligence, maybe there really *is* a way to have your cake and eat it, too—at least once in a while.

Snack Facts

- **The most popular snacks in America: crackers and potato chips, candy and cake, cookies, ice cream, and cheese.**
- **In 1984 the typical child ate 25 percent more sugar and 70 percent more cookies than in 1947.**
- **Fifty percent of all households eat dessert; 33 percent never eat vegetables at dinner.**
- **Adults between ages 22 and 40 skip the most meals.**
- **Thirty-six percent of the population snacks after dinner.**
- **Snacking at the end of a meal rather than between meals produces less tooth decay.**
- **Older people (age 55 and over) do less snacking than younger adults and children.**
- **Sixty-one percent of all U.S. households snack once a day or more.**
- **The typical American eats 16.2 pounds of candy per year.**
- **Fifty percent of Americans don't visit the dentist annually.**

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LITTLE TREASURES FROM THE POST

If this issue of the *Post* looks somewhat familiar, there's a good reason: Our sextet of little imps converted to instant, if temporary, angels have graced the *Post*'s cover before—on December 10, 1938, to be exact. They were conceived by a well-loved *Post* illustrator of the 1930s and '40s, Frances Tipton Hunter.

Children were Mrs. Hunter's specialty, and she liked to portray them in all their mischievous modes, as in a March 25, 1939, *Post* cover of boy holding his report card, loosening his collar, and approaching dad, who's reading the newspaper. The little family dog knows what's about to happen, and so does the little boy. Or the November 27, 1937, cover, in which the smallest tyke in the neighborhood suddenly becomes the most popular "man" on the football team after showing up with a complete uniform and a new ball—obviously, gifts from his overdoting parents.

Did Frances Tipton Hunter inspire the famous Little Rascals? Or vice versa? We wonder. All we know is that her kids of 40 years ago are just like kids today, in America and everywhere, which is the reason her *Little Angels* appealed so to the Italian sculptor Guiseppe Armani. Armani, who works in Pisa, in the shadow of the famous leaning tower, admits to a strong love for animals, nature, and children—not necessarily in that order.

But back to those little boys. . .or angels—whose saintly attire and angelic faces fail to camouflage the evidence of a recent difference of opinion. We hope they provide *Post* readers an added fillip to their Christmas-season merriment. Black eyes, bruised heads, and bandaged fingers aside, we can only speculate that the mood of "peace on earth" infiltrated these little rough-and-ready souls, and that they left the church arm in arm rather than tooth and nail. Merry Christmas!

From his original sculpture of *The Choir Boys*, Guiseppe Armani has made only 5,000 copies, all hand painted and done in a style that would humble Hummel.

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RECIPES FOR GIVING

Observe yuletide traditions this year with flavorful, home-canned gifts you can make in the microwave.

by Jacquelyn Nyenhuis

Looking for that ever-elusive perfect present? Don't bother tramping all over town; with the help of a microwave oven, some attractive jars, and colorful ribbon, you can cook up some tasteful gifts right in your own kitchen.

Here are some presents made to please: jars of fresh-cooked Plum-Apple Butter, crocks of tangy Mexi-Corn Relish, Simply Smashing multi-colored Fusilli, and for those on your list who have everything, delicious Marinated Black-eyed Peas.

Gift jars can be sterilized in the microwave but not sealed. Bring several quarts of water to a boil in the microwave; immerse the jars and lids. Let them stand a few minutes or until heated. Remove the jars and lids from the water with tongs.

Gift jars sealed by canning will keep up to a year or more. Jars not sealed can be kept up to three weeks in the refrigerator. For less perishable gifts that can be savored throughout the holiday season, try the Spicy Apple-Cider or Herb Yogurt Dip mixes.

Dried orange peel, used in the Spicy Apple-Cider Mix, can be purchased ready to use or made from fresh orange peel. Remove thin slices from peel of orange and discard white portion. Allow to dry at room temperature for two to three days; to speed the process, spread orange peel on a paper towel. Microwave at Low (30 percent power) until dry (10 to 15 minutes for ¼ cup orange peel). The recipient of your gift has only to combine the mix according to your enclosed directions to have an aromatic hot drink or tangy dip in minutes. These gifts can be given in a card or added as a garnish to such gifts as teapots or crystal bowls. They can also be tied with red ribbon and hung on the Christmas tree. At the end of the festivities, give one to each guest as a party favor.

Each recipe also includes basic instructions for preparation in a conventional oven.

Visions of Plum-Apple Butter will dance in the heads of your loved ones long past the holiday season when you put these festive, home-canned goodies under their trees.

Plum-Apple Butter

(Makes 2 pints)

1 pound red plums, pitted
1 pound apples, unpeeled, with seeds removed
2 cups unsweetened apple juice
½ cup sugar or sugar substitute
1 teaspoon cinnamon
2 teaspoons vanilla

Combine plums, apples, and apple juice in 3-quart casserole dish. Microwave at High (100%) until tender (20-25 minutes); stir occasionally. Cool slightly. Purée fruit in food processor or blender until smooth. Add sugar and cinnamon; stir well. Microwave at High 30-35 minutes or until mixture forms thick butter. Stir in vanilla. Spoon into jars. Store in refrigerator up to 3 weeks or process in water bath for 15 minutes.

Conventional preparation: Cook first 3 ingredients over low heat until tender, about 45 minutes. Continue as directed in recipe and cook over low heat until mixture is thickened (1-1½ hours). Process as desired.

Mexi-Corn Relish

(Makes 6 cups)

3 cups frozen corn
2 cups chopped, unpeeled zucchini
½ cup chopped onion
¼ cup chopped red pepper
⅔ cup sugar or sugar substitute

continued on following page

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Norman Rockwell Prints
from *THE SATURDAY EVENING POST*

NR-1 Magic Potion

NR-2 Sharp Harmony

NR-3 Little Spooners

NR-6 Knuckles Down

NR-11 Big Moment

NR-12 Golden Days

NR-14 The Optometrist

NR-15 Missing Tooth

NR-16 At the Doctors

NR-18 Love's Old Sweet Song

NR-21 Doctor and Doll

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¾ cup white vinegar
½ cup water
1 teaspoon salt substitute
2 teaspoons mustard seed
½ teaspoon celery seed

Combine all ingredients in 3-quart casserole dish; cover. Microwave at High (100%) 25-30 minutes or until vegetables are tender-crisp. Spoon corn into sterilized jars and refrigerate or process as desired.

Conventional preparation: Cook all ingredients over low heat 45 minutes or until tender. Process as desired.

Simply Smashing Fusilli
(Makes 4 servings)

¾ pound multicolored fusilli
4 ounces cubed feta cheese
1 pint cherry tomatoes
1 green pepper, chopped
1 cup chopped cucumber
8 ounces cooked shrimp
1 cup light Italian salad dressing
1 teaspoon basil

Microwave 1 quart water in 3-quart casserole dish at High (100%) until boiling (8-10 minutes). Stir in fusilli. Continue microwaving at High until fusilli is tender (10-12 minutes); drain.

Add remaining ingredients and stir until well mixed. Spoon into decanters and tie with ribbon. Refrigerate up to 5 days.

Conventional preparation: Prepare fusilli as directed on package; continue preparation as directed in recipe.

Marinated Black-eyed Peas
(Makes 1½ cups)

1 cup black-eyed peas
½ cup chopped tomato
2 green onions, chopped
1 serrano chili, seeded and minced
2 teaspoons chopped fresh cilantro
1 clove garlic, minced
2 tablespoons herb vinegar
⅓ cup olive oil
½ teaspoon salt substitute

Soak peas in water to cover overnight; drain. Combine 3 cups water and peas in 2-quart casserole; cover. Microwave at High (100%) until boiling (6-8 minutes). Let stand covered 1 hour. Microwave at High until peas are tender (30-40 minutes); drain. Add remaining ingredients and spoon into jars. Mixture can be processed or refrigerated up to 2 weeks.

Conventional preparation: Prepare as directed in recipe, but cook peas over medium heat until tender (about 2 hours). Process as desired.

Spicy Apple-Cider Mix
(Makes mix for 1 quart)

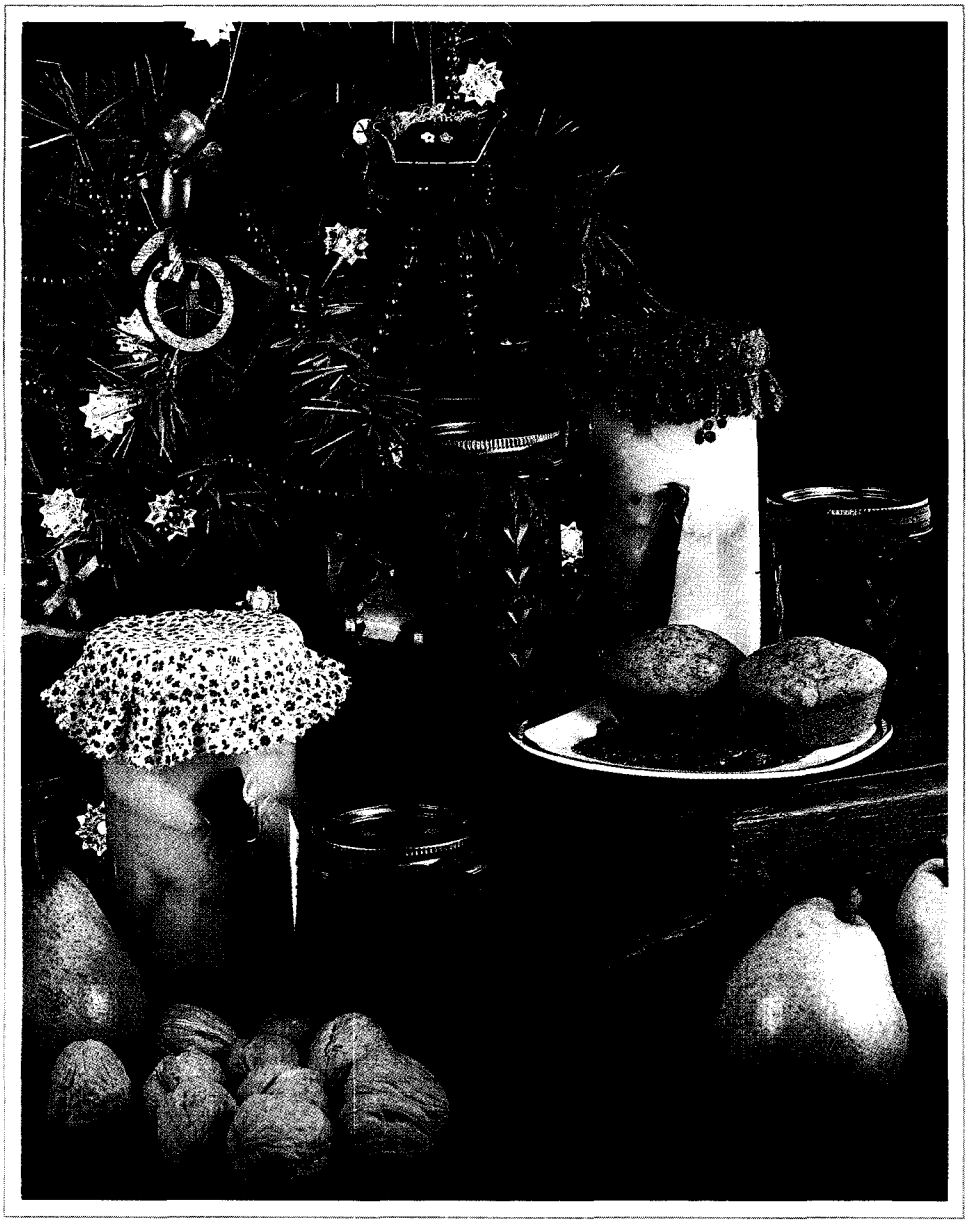
4 whole cinnamon sticks
1 teaspoon whole cloves
1 teaspoon whole allspice
2 tablespoons dried orange rind
1 quart apple cider

Combine first 4 ingredients in plastic bag and tie with ribbon. To prepare: Combine mix ingredients and apple cider in 2-quart glass pitcher. Microwave at High (100%) 8-10 minutes or until flavors are blended. Cool slightly before serving, if necessary.

Herb Yogurt Dip Mix

2 tablespoons grated Parmesan cheese
1 tablespoon dehydrated onion
2 teaspoons snipped chives
½ teaspoon dill weed
⅛ teaspoon paprika
½ cup plain yogurt

Combine first 5 ingredients in plastic bag and tie with ribbon. To prepare: Combine mix ingredients and yogurt in serving dish. Refrigerate 1-2 hours to allow flavors to blend.



Remember the delights of grandma's holiday kitchen? A modern microwave makes it easy to wrap up the wholesome goodness of Christmas past in tasteful gifts for all ages.

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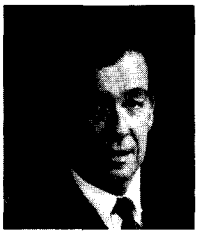

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Subtotal =	
For delivery in IL-5% tax =	
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Ship., Hdlg. & Insur. -$5 per item =	
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TOTAL =	
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SUBLIMINAL SHOPPING

by Art Buchwald

Illustrated by Marcus Hamilton

According to newspaper reports, subliminal messages are now being inserted into music played in retail stores to get people to buy the merchandise. For their clients, several companies are producing tapes that have secret messages in them to attack the shopper's brain and unconsciously motivate him into buying something he hadn't planned to purchase.

I was very skeptical about this information until I went to a local shopping mall. The music piped into the mall was Christmas carols, intended to get the people in a holiday mood.

I stopped to buy a chocolate-chip cookie, when suddenly something possessed me. While the loudspeaker blared out "We Wish You a Merry Christmas," I blurted out the word "underwear." Everyone in the line looked at me. I grabbed the man behind me by the lapels and said, "I've got to have underwear."

He pushed my hands away. "So what are you standing in the chocolate-chip cookie line for? Go to a men's shop."

I dashed down the mall and stopped a uniformed security guard. "Underwear!" I screamed at him. "Give me underwear." He wasn't sure whether to arrest me or give me directions. Finally he showed me a large menswear store at the end of the mall.

Two salesmen were standing at the door, smiling. One said to the other, "Here comes another one." Then he said, before I could speak, "Third counter on the left, but you have to take a number and wait your turn."

The underwear counter was jammed with people, all screaming and shouting. I said to a man next to me, "Maybe there won't be any left by the time my number is called. What am I going to do if I can't buy any underwear?"

"Do you need some that badly?" he asked.

"I didn't think so, but suddenly I got this craving for underwear while I was waiting to buy a chocolate-chip cookie."

"I came into the mall to buy pizza and the same thing happened to me."

My number was called, and I bought 50 Jockey shorts and 50 undershirts. That's all they'd sell me.

I walked out of the store and stopped to look at an artist doing charcoal sketches of children. While I was watching, someone was singing "Jingle Bells" over the speaker.

The word "wok" lit up in my brain. My eyes showed desperation, and I started searching for a wok store. I rushed up to a lady at the information booth, but before I could blurt it out she said, "Woks can be found in the basement of the department store at the end of the building."

"How did you know I wanted a wok?"

"Everyone wants a wok when they play 'Jingle Bells.' "

"You mean you have a secret message in 'Jingle Bells'?"

"Of course. Today it's woks, tomorrow it's wax for your floor."

"I don't need a wok," I said.

"Then just put your hands over your ears, and you won't get any message."

"What comes after 'Jingle Bells'?"

She looked at her schedule. " 'White Christmas' and home computers."

"I don't need a home computer either."

"Nobody thinks they do until they hear Bing Crosby sing it."

"Do I have time to buy a chocolate-chip cookie?"

"It depends. After 'White Christmas' they're playing 'Silent Night,' and there's going to be an awful crush for hand-knotted Chinese rugs at the end of the mall."

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Pure Joy

(And we'll deliver...tomorrow morning)*

Imagine a superbly crafted electronic instrument, powerful enough to protect against traffic radar, miniaturized enough to slip into a shirt pocket, beautiful enough to win an international design award—and advanced enough, thanks to its new Rashid-rejection circuitry, to obsolete the detectors of every other maker.

Then imagine finding one with your name on it.

Pure Joy is a PASSPORT of your very own

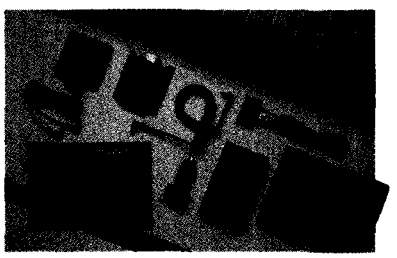
PASSPORT has exactly what the discerning driver needs, superheterodyne performance and complete Rashid rejection. On duty, it maintains a remarkably low profile, only 0.75 inch tall. It's about the size of a cassette tape.

This miniaturization is possible only with SMDs (Surface Mounted Devices), micro-electronics common in satellites but unprecedented in radar detectors. The result is Pure Joy.

Others may put it differently. "In a word, the PASSPORT is a winner," said the experts at *Car and Driver.* "The PASSPORT is recommended," said *Road & Track.*

The package in which PASSPORT arrives is as impressive as its performance. Everything is included: visor clip, windshield mount, straight cord, coiled cord—even a leather case. Each item is secured in its own foam-padded compartment to assure safe arrival. Rather like traveling first class, we think. And this will be the impression when the box is opened.

Installing PASSPORT is as easy as the unwrapping. Just clip to visor or windshield, plug into the lighter, and PASSPORT is on duty.



PASSPORT comes complete with all accessories.

Pure Joy is also our commitment to you. If PASSPORT doesn't live up to your highest hopes—for any reason—within 30 days, just send it back. We'll refund all of your money and your return shipping costs. No exceptions. No hidden charges. Just a straightforward commitment.

Pure Joy is the gift you'll save till last

One more PASSPORT advantage. It's available exclusively from us—and we deliver. No parking hassles. No crowded stores. No waiting in lines. Just call us toll-free. We'll pay for UPS shipment and a gift box is available at no extra charge. Orders in by 3:00 pm eastern time Monday through Friday go out the same day.

* Federal Express guarantees overnight delivery for only $10 extra. So you can have your PASSPORT tomorrow morning if you choose.

With shopping this easy, giving PASSPORT is a pleasure. But the best part is still that special moment when the package is opened...Pure Joy.

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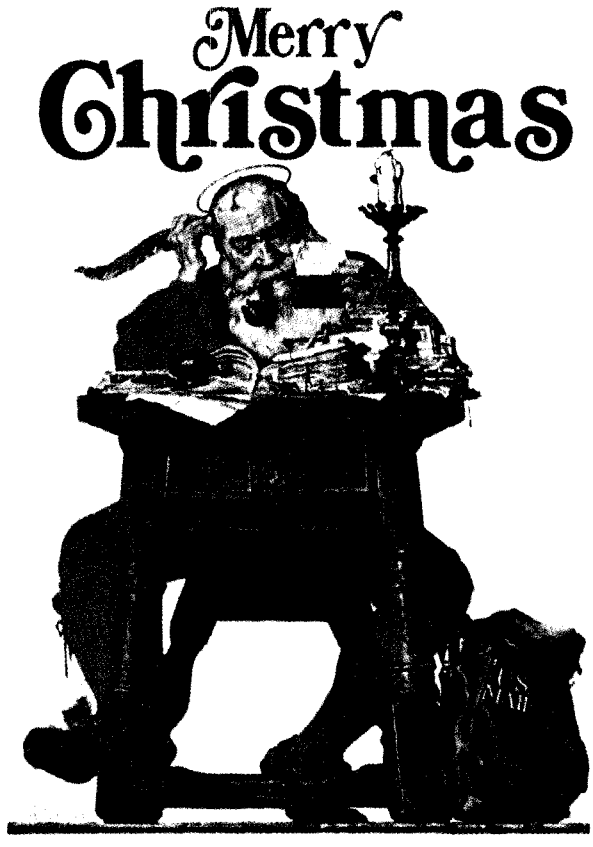
A subscription to *The Saturday Evening Post* lasts all year long. And the ones who receive it will think of you for thinking of them with each bright new issue of this fine family magazine. Just mail in the postage-free card, and we'll return *to you* a beautiful Norman Rockwell Christmas card, shown below, for you to sign and forward to the lucky new *Post* reader. This year, do your Christmas shopping the easy way—no crowds, no driving, no slush, no hassle, no returns. A pen in your hand will do it all.

A SATURDAY EVENING POST



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VETS ON PETS

PICKING THE PERFECT PET

The search should begin only after you've decided on the best breed, sex, and age to suit your lifestyle.

by H. Ellen Whiteley, D.V.M.

For years cats and dogs have been running neck and neck in the race for pet popularity, but for the first time, cats appear to be ahead by a whisker. There are good reasons for this trend: The exercise and social requirements of cats are fewer than for dogs. Cats can be left alone in the house with a litter box, and most prefer a solitary lifestyle. Cats are thus the logical pet choice for full-time workers or frequent travelers. But because logic often has little to do with pet preference, I recommend that those who prefer canine company make sure —*before* they get a dog— that they can supply the continual attention a dog craves. Some busy people I know should have selected a pet rock instead of a boisterous puppy.

If you are getting your pet from the Humane Society, it's important to know with whom the animal has been associating.

When choosing a particular breed of dog, consider its exercise, space, training, and grooming requirements, as well as its watchdog potential, if need be. Many dog books describe different breeds' behavioral tendencies, including aggressiveness. Check your local library for books about breeds you are considering, and try to match breed "personality" to your lifestyle. (I don't wish to imply that you should consider only purebreds, for mixed-breed dogs and cats are often the best pets.) Is the animal destined to be the "only child" of a single workingman, the family pet of a household with small children, or the companion for a sedate, elderly couple? A dominant, aggressive animal might be desirable as a watchdog but entirely unsuitable for older people or small children. A vocal animal would obviously be undesirable for apartment dwellers.

Decide if a younger or an older animal would best fulfill your desires. Older animals may not be as cute as tiny puppies or kittens, but they give you the advantage of seeing just what you're getting in size, looks, and personality—and they are usually housebroken. (For a glimpse of what a puppy or a kitten will be like as an adult, study the mother, which it will probably resemble.) Consider, too, the differences between males and females: Males, generally larger and more aggressive, are more likely to compete with their owners for control. Unless altered, males tend to roam more than females.

After you have decided on the best breed, sex, and age for a pet, the real search begins. Most people select pets from humane societies, pet stores, or private owners. Humane societies do a laudable job of placing unwanted animals in new homes; be aware, however, that the more animals with which your prospective pet has come in contact at such a shelter, the more likely it will be to have infectious and parasitic diseases.

If you buy an animal from a breeder or a pet store, ask for a money-back guarantee in case your new pet becomes sick or shows a serious temperament problem within the first 48 hours under your care. During this period, have your animal examined and its vaccinations brought up-to-date by a veterinarian. If you are considering a purebred animal of a breed susceptible to hip dysplasia, such as the German shepherd, ask to see papers certifying that neither parent had the condition.

When possible, the prospective pet owner should select a puppy or a kitten from a healthy litter that has been receiving adequate nutrition and medical care. Avoid adopting a dog or a cat raised as an orphan, because of the greater likelihood it will display undesirable emotional behavior. The same recommendation applies to runts, which may have suffered from harassment by litter mates and from health problems.

It's best to take a puppy from the litter between its sixth and eighth weeks, the optimum time for socialization to other animals and people. If you want a new puppy to relate well to cats, introduce it to feline friends in a positive and nonthreatening manner during this period. The same principle applies to relationships with youngsters. If you are childless but you do anticipate having children, introduce the pet to your neighbors' children during this critical socialization period. Because cats have a similar socialization period, be sure to handle kittens during their fourth to eighth weeks if you want them to

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become companion pets.

When you take a new puppy or a kitten home in an automobile, have someone sit beside it. Pay no attention to any whining or meowing. At home, introduce the pet to its bed and its elimination place; don't isolate it on its first night in the new environment.

The first weeks at home are critical for behavior training. Use only positive reinforcement during this critical "fear imprint" stage in the pet's development. In particular, avoid physical punishment during house training, and try to use good timing.

Time will tell if you have made the right pet choice. Your odds are good, especially if you had the right motives to begin with. People who get a pet simply for status or for protection may find that a diamond ring or an alarm system would better suit their needs.

Questions for the Vet

Dear Dr. Whiteley,

I have a ten-month-old spayed terrier named Daisy. I understand it is wise to have two dogs rather than one so they can play with each other while I'm at work. My neighbor's dog will have a litter of miniature poodles in about three weeks, and I am thinking of adopting a puppy. Should I select a male or female? What can I do to make sure that Daisy is not jealous?

Emily Morrison
Vicksburg, Mississippi

Dear Emily,

Dogs are by nature social animals. You are wise to consider adopting a second pet.

Our animals pick up our "vibes" easily; make sure you accept the new puppy positively. If possible, take a few days off from work when the new puppy arrives and ensure that Daisy receives more, not less, attention at

continued on page 86

Pet Profiles

Cats:

Siamese—likes affection, good with children, may be extremely vocal.

Persian—reserved, less affectionate than Siamese, requires frequent grooming.

Burmese—good family pet, less vocal than Siamese.

Abyssinian—shy, too nervous for most children.

Himalayan—intermediate in friendliness, requires grooming.

Russian blue—shy and withdrawn.

Dogs:

Cocker spaniel—needs affection, excitable, hard to handle for most children, not easily housebroken.

Poodle—too excitable for small children, easily housebroken and trained, should be groomed.

Schnauzer—very territorial, needs affection, too nervous for small children, intermediate in ease of training.

Collie—good with children, easily trained, must be brushed.

Brittany spaniel—good with children and other pets, easily trained.

German shepherd—territorial, good watchdog, easily trained, may be aggressive with other dogs and people.

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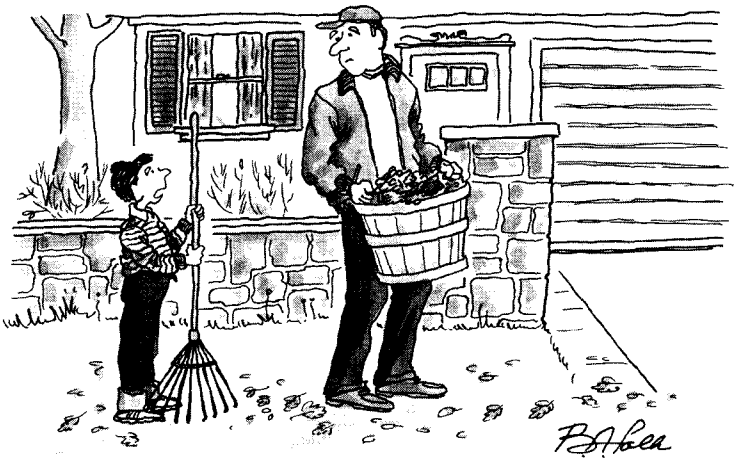
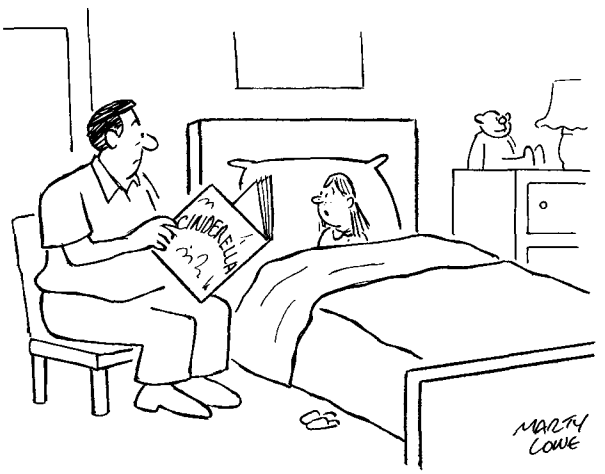
THE DARNEDEST QUESTIONS



"How come it's wrong for you to do my homework, but it's right for me to do yours?"

"It's my professional opinion, Bill, that you can protect your baseball cards from Helen Garrett without a pre-going steady agreement!"



"If this is such a great story, how come they never made a sequel?"

"How could a mouse run up a clock?"

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THE ULTIMATE MISSIONARY JOURNEY.

We led our first team of 23 Bible couriers to China in 1980. Loaded up with over a ton of Scriptures, we boarded a ship in Hong Kong, not knowing what faced us at the border. We were the first large group of Westerners to attempt such a Bible delivery.

Our contacts were waiting for us inside China. What a thrill when God miraculously "cleared customs" for us and we safely delivered every Bible to the Christian leaders!

Since then, *Bibles to China* has taken several hundred Westerners to China, and placed 1½ million Bibles safely into the hands of Pastors and men and women of God.

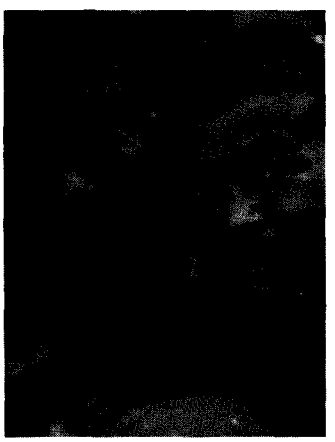
That's a lot of Bibles. Yet it falls far short, compared with the great need. Our contacts inside China estimate that there are 70 million believers! Very few Christians actually have their own Bible, so they take turns reading one Bible—if they can locate one at all.

Once a portion of God's Word reaches China, we were told, it is *never laid down!* Someone is always *reading it.* It is estimated that every Bible we take into China touches *at least 100 lives.*

Our Bibles are printed in the Orient at a fraction of what it would cost to produce them here. This also avoids an astronomical shipping bill. Our New Testament costs only 30¢, the entire Bible just 80¢. A Christian prints them *at his cost!* He has a burden for the Chinese, too.

This ministry invites you to invest *more than just your finances!* You can become personally involved in several ways:

1. You can go with us and help carry the Bibles in.
2. You can send for our video tape and literature to alert your community of China's need.
3. You can become an area representative for Bibles to China.
4. You can pray!



Some testimonies from those who have gone with us:

"My entire life has been changed! My world was so small before I went to China. Now I know that there is something I can do besides attend Sunday School each week." *T.M., Ohio*

"I could not afford to go to China. But after seeing the Bibles to China video I prayed, 'God, if you want me to help carry your Word . . . provide the money.' Within one week He paid for my whole trip. I have been to China twice!" *V.S., Florida*

"No! It's not impossible. Jesus loves the Chinese so much that He works miracles on this end. Now I have led my own team into China!" *B.B., New York*

"Once I committed myself to the Bibles to China ministry, so many doors swung open for me I could scarcely believe it. Everyone wants to hear about my trip. And I'm excited!" *B.K., Pennsylvania*

"I returned to my hotel room after passing out my 500 tracts. It had taken less than five minutes! And those who didn't get any looked so sad. I couldn't help it. I fell on my knees by my bed weeping for the lost!" *L.S., Indiana*

You can learn about it.

You can pray about it.

Then you can do something about it. You can go.

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☐ Enclosed is my generous donation to Bibles to China.

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DR. HEIMLICH: THE MAN BEHIND THE MANEUVER

A savior to thousands of choking victims, the mastermind of the Heimlich maneuver is looking at new medical problems to conquer.

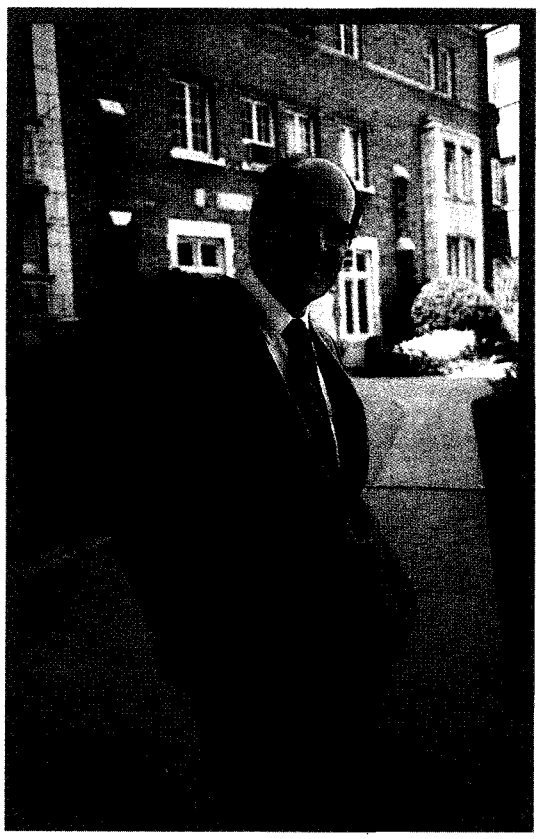
by Robert McKay

Part II "Things don't happen out of the blue. Apples fall on people's heads all the time. And they either say: 'Ouch!' or: 'Hey, an apple! What luck!' But then along comes a Newton and he wonders what caused the apple to fall.

"Twenty-five years ago I was operating on a patient suffering from cancer of the rectum. It was a general surgical case I would have been doing then, not so unusual. To prevent obstruction and to control bleeding, I cauterized it. The surprising thing was that the patient didn't die, as he should have, by every sign I could see.

"But no, he kept coming back every few months and didn't die. Eventually, he was so improved that we felt he was strong enough, and another operation was justified, to remove more of the tumor and see what was going on inside. We operated and found cancer cells imbedded in scar tissue, very little, and all of the spreading had stopped.

"Now this was a curious happening and it struck my interest. Some doctors would have seen a patient cured, and would have been very happy to have rendered the service. But I was intrigued. I wondered if it had happened before. I investigated the literature, checking under 'Cancer' and 'Cauterizing' and moving from one report to another through the cross-references and found it was a routine occurrence. There was plenty of evidence to support that in a number of cases the cauterizing had been more curative than the surgical removal. Something was going on here. This distracted me from my regular practice, of course. I was never a lucrative practitioner.



At his institute in Cincinnati, Dr. Heimlich and his associates seek simple but elegant solutions to medical problems. One of their targets is cancer.

"Well, I looked for a common thread to it, and considering it, I came up with a logic for why it might work, a concept. Clearly it had something to do with heat against cold. The heat from the cauterizing radiates through the cancer that's left, diminishing as you go further away from the source, and some temperature along that gradient was either modifying the cells in some way or destroying the cells, causing them to exude a substance that destroys other cancer cells.

"Now I happen to love world's fairs. I sold cold drinks at the 1939 New York World's Fair in New York, the year before I entered medical school. The slogan for that fair was 'Peace and Democracy,' and then Italy pulled out and the World War began and I wound up in China. But then I worked the stands at the American Jubilee Show. What a show! They had a hundred people on horses, then a hundred on motorcycles, comedians, bands, a fabulous show. I saw it three times a day, knew every note. Anyway, it was at that world's fair, or maybe another, I'm not sure because I've gone to them all, including the one at Knoxville, when I saw my first laser, at an AT&T exhibit. Later, when I was looking up lasers, I knew who the experts were. Because I had this idea of using the laser surgically, to produce the heat.

"I was working as a consultant and adviser for a pharmaceutical company and I had to fly to Chicago to meet with them, and because they were paying for it, I was flying in the first-class section. I got to talking to the man next to me—he was a very interesting man—and I told him what I was doing, all about other things, of course, and he said, 'Here, take this.' And he wrote a note to the chairman of the board of the lab, who was a relative of his. I turned the card over and it read: Wallace DeButts, president of Illinois Bell and vice president of AT&T. 'Hey,' I said, 'you're just the guy I've been looking for. I've got this idea for adapting the laser for surgery.' He listened and he said, 'I'll get back to you.'

"I got a call from the home Bell lab in New Jersey a week later from a

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For bladder control problems...

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...No doubt about it!"

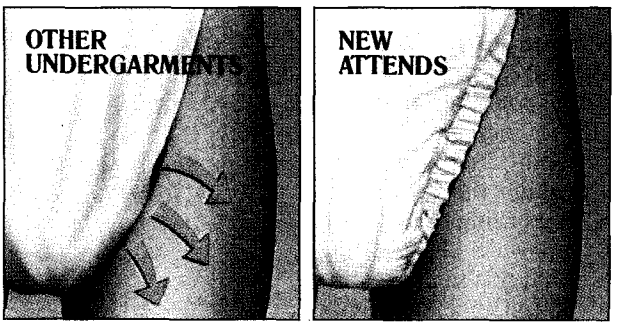
Literally millions of men and women have problems with bladder control. And too often, the fear of having an accident in public keeps them from doing what they'd like. It shouldn't. The protection of new Attends Undergarments is so advanced, it helps do away with your doubts.

What is new Attends? It's absorbent, disposable, uniquely designed to protect men and women with moderate bladder control problems. And in Super and Regular absorbencies, Attends lets you choose the amount of protection you need.

How does Attends protect against leakage so much better than any other undergarment?
In two ways:
1. Only Attends has elastic leg gathers to keep its highly absorbent layers *close* to your body.
2. Attends' absorbent layer retains almost ten times its weight in moisture.

No doubt about it, Attends is designed to give you the best undergarment protection there is. And to let you get on with your life.

For more severe bladder control problems, try Attends Briefs. If you have any questions about Attends products or bladder control problems, call our registered nurses toll-free at **1-800-4-ATTENDS.**



Other undergarments can gap and cause leakage. But with its elastic leg gathers, Attends protects better against accidents.

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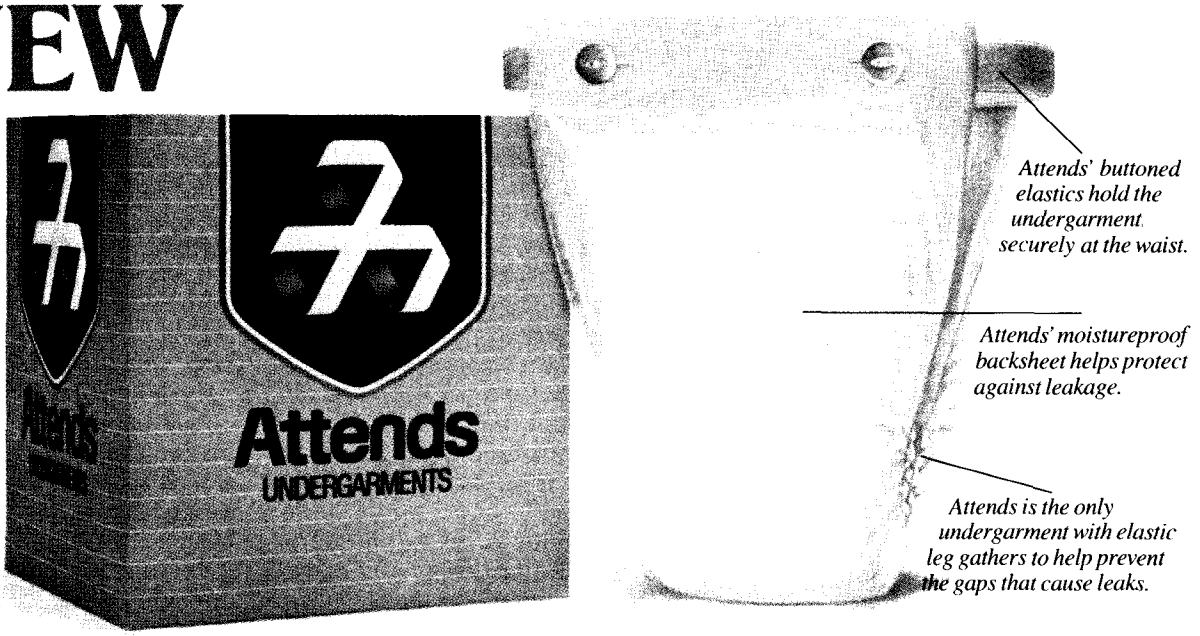
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UNDERGARMENTS
Attends' buttoned elastics hold the undergarment securely at the waist.
Attends' moistureproof backsheet helps protect against leakage.
Attends is the only undergarment with elastic leg gathers to help prevent the gaps that cause leaks.

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man who identified himself as a physicist. I could tell from his tone that he was put out, he'd been told by the Big Boss to call this doctor. Listen, I said, I don't know Mr. DeButts. I met him on a plane and I told him I was interested in the surgical use of the laser. I knew you people were the leaders in the field. Here's what else I've done. And he was very helpful after that.

"We set up a project and worked it out in a year. We were the first to pass a laser beam through a fiber optic and have it show up intact on the other side. I wanted to direct the beam for surgical use through fiber optics. Once they'd done this, though, they had to stop, as far as I was concerned, because the work was no longer related to the business of their company.

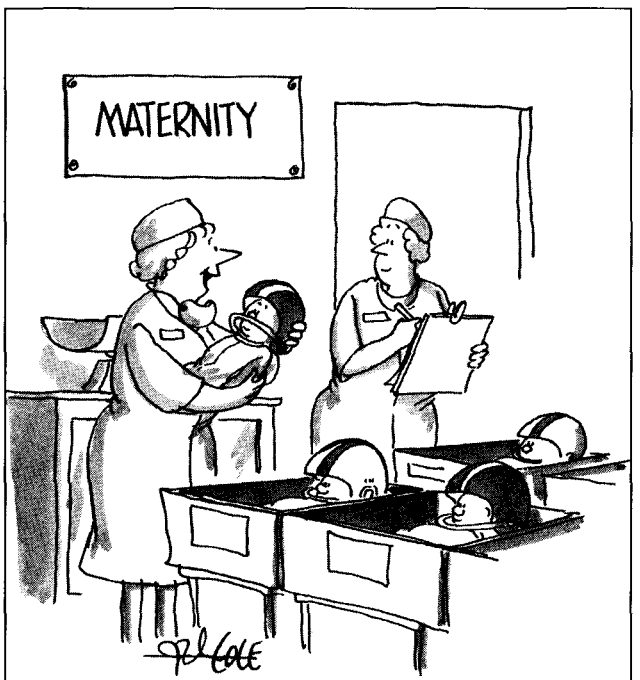
"They put me in touch with the Perkin-Elmer Company in Connecticut. They were the first one to shoot a laser beam to the moon and bounce it back. They assigned some physicists to work with me, and I supplied them with fresh cancerous tissue which they cauterized with lasers using the fiber optics, and we'd chart the results. That was in 1969, when I moved to Cincinnati, and it went on the back burner for a while.

"In 1972, I filed for a grant application with the National Cancer Institute, along with Perkin-Elmer, a business-academic application, the first of its kind. I went to Washington and met with the chairman of the NCI and told him about our work, and he was very encouraging. Looks good, looks good, he said. We filled out the applications—it was a lot of work, presenting all our research and data, the statistics, the works, and they said great, great, looks good, and then they turned us down. I vowed then never to apply for another government grant. I know how it works and where the money goes—it's all political. They look at who you're associated with, and that's where the money goes, millions and millions, usually right down the drain. They don't care what you're doing, so long as you're in the right place.

"Five years later I noticed that the people on the review committee were using the laser in surgery, passing it through fiber optics. Oh, it was a most marvelous breakthrough for them. I suppose it could have been a natural development of their work—I don't care. For me, the next idea is always just around the corner. I don't care if people steal my work, because they can only take the idea as it is, what they see, not the concept. They know nothing about what went into it, so they're unable to develop it any further.

"For instance, the whole concept of the hyperthermia, that it was increased body heat that was affecting the cancer in some way. They came out with that, too, spent millions on it, but all the research reflected their typical stupidity. They tried ovens; they put people into spacesuits and raised their temperature; into hot baths and heated paraffin, coated them with wax; they even took blood out, warmed it, and put it back in. It was so ridiculous! And some of this was so painful to the patients that they had to be anesthetized while it was being done.

"When I think of treatment, I try to imitate the function of the body. Instead of trying to heat the body like you'd cook food, imitate the function. If the problem is to heat the body, then why not look at the way the body heats the body? I was thinking that way when I remembered that malaria was used as the treatment for syphilis before the invention of penicillin. I went back to the literature, the old history, and I found they had very good success when they chose the right strain of malaria. Essentially there are four, and two are especially suitable. One is easily curable, and will induce a good fever. It's that fever we think could be effective against cancer. I believe it is so; I believe it myself 100 percent; but I don't want to hold out false hope to people. I have to be very careful, in my position, of my credibility. People now will believe practically anything I say, so I want to wait until the work is done. Already they come to my office, inoperable, terminal cases, and they ask me if they can't offer themselves as test cases. They'll sign anything, because they have no other hope. I have to tell them to wait. We need to do a study. I hope it comes soon."



"It always makes the fathers happy!"

The Heimlich Response

Dr. Heimlich is speaking with a young Colombian man attending Xavier on an exchange program in order to improve his English. Dr. Heimlich is brushing up on his Spanish and correcting Eduardo's English at the same time. They met in the Atlanta airport; they struck up a conversation and a friendship. Eduardo was on his way to Cincinnati and Henry was returning from Ecuador, where he had attempted to establish a basis for doing his cancer research. Henry loves talking with Eduardo, loves the boy himself for what he represents—a citizen of the world, fellow traveler, expanding his horizons. Eduardo gives Henry a bag of Colombian coffee as a present and promises to see him soon.

The phone rings. It's the mayor's office. They want to know if he'd be willing to be on the mayor's oyster-eating team as part of an Easter Seals benefit. He knows this would be a great occasion for many jokes about the maneuver. He's learned to be

continued on following page

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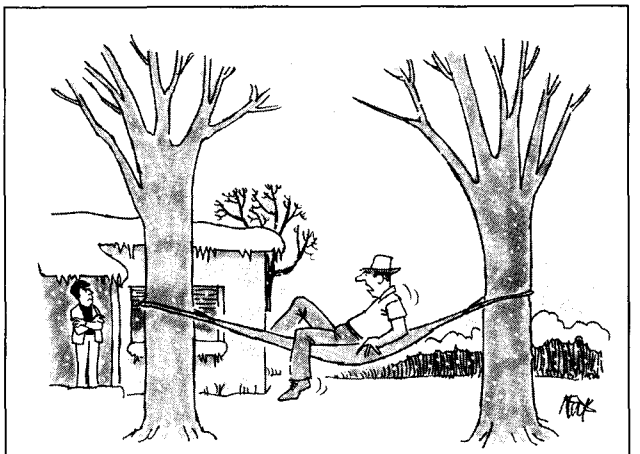
good-natured about that. He has to decline—he has already planned a skiing vacation in Utah for that week. There aren't many open dates on the doctor's calendar. He's in demand all over the world. Otherwise, though, he'd have been glad to do it. Please call again, he says, and if there's any way I can lend my support, let me know.

For 16 years, Dr. Heimlich kept a fairly low profile in Cincinnati. Many people thought the guy who invented the maneuver had died a hundred years ago, and he liked it that way. The only real celebrity he had in his life came from his wife's parents, Arthur and Katherine Murray. That was something he was always dodging, and though he was a good dancer, according to Jane, his wife, he stopped because people expected him to be sensational and he also disliked taking lessons of any kind.

Gradually, his own reputation eclipsed the ballroom, but he still avoided the spotlight, at least in Cincinnati, cherishing his privacy. Lately, he's been coming out of that shell. Partly it's because of his desire to communicate his social programs to the public. Also, he believes in lending his support to good causes.

Another reason for becoming more active in the community is that he would like something in return: money. He wants to see if Cincinnati is willing to make a financial commitment to keep him there. He has offers to work elsewhere. He's seeking $2 million in endowment funds for his institute. It's not an unprecedented request. A few years ago another fellow, Pete Rose, considered himself undervalued in the local market and took his services elsewhere. When Dr. Heimlich left Jewish Hospital after eight years as chief of surgery, Ralph Corbett gave him a grant that kept him there. Xavier now gives him a home and his freedom. But he needs the money to do his work.

Eduardo leaves and Dr. Heimlich, shaking his head in admiration, asks a colleague: "Isn't that just great? Isn't that what it's all about?" Then he drives home for lunch, to a large old house off Grandin Road. He eats with his father, Philip, who's 98 years old and quite alert, tending only to remember the events of 40 years ago in sharper detail than what happened yesterday. Dr. Heimlich calls his father pop, as does everyone else who knows him. Pop was trained as an architect but devoted the energy of his life to social work, particularly in the area of correctional reform. The house is filled with Dr. Heimlich's plaques and trophies and awards and oddments from around the world: ancient dueling pistols, Buddhas, Mongolian eating sets, jade and bamboo carvings. Pop's room upstairs is crammed with his mementos too, and he is proudest of all of a plaque from the "Welfare League of Sing-Sing Prison," a group of prisoners who wanted to thank him for caring about them.



"Darn it, Margaret, why didn't you wake me up?"

Like father, like son: When Phil Heimlich had an idea he thought was right, nothing could persuade him otherwise, and he'd be determined to test it out. One of his theories, radical at the time where juvenile offenders were concerned, was that how you were raised and treated determined how you would turn out. As part of the test for that theory, he shipped his ten-year-old son off for ten weeks at a camp for delinquent boys. Was he afraid he might be wrong? No. But what if he had been, and his son had been harmed? But I was right! he says, laughing. Young Henry and his sister used to roam through the New York State maximum-security prisons freely and untroubled, because they were Phil Heimlich's kids, and Phil Heimlich was known as a man who treated everyone fairly, as an individual. That position was not without its controversy.

Dr. Heimlich's mother, who died in 1968, wanted her young and talented Jewish son to be a doctor. That was entirely natural, the thing to do. He would help his fellow man and never want for money, or prestige. But whether it was because he was his mother's baby boy or because he inherited his father's stubborn, righteous way of doing things, Dr. Heimlich became a physician who went about things in his own way, following up on notions that sparked his intellect, not tracing the well-marked path of a thoracic surgeon's practice.

He is a reserved man, not an extrovert. He says his own children taught him to open up and to say things like "I love you." Only in the past eight years, he says, have he and his father grown close. He's also financially conservative, calling himself a child of the Depression. Only recently has he purchased a car with all the extras, and it's a Honda. On a business trip not long ago, he bought a topcoat in New York, quite a luxury.

But there is a deeper independent streak in the man, something quite aloof that gives him almost a bravura aspect, like a hero in the operas he loves so much, or a character out of *The Music Man*, whose songs he knows so well. He grew up playing the clarinet and the piano, but while he was attending Cornell, that was not sufficient for him, to be a member of the band. He had to lead it, and so he became the drum major, yes, the high hat, chin strap, whistle, baton, the boots, the works. He says he has led a charmed life. Things had a way of working out for him. Life has been kind. While he was at Cornell, the school fielded a strong football team, its best in years, one that traveled to Columbus to play Ohio State. They beat Ohio State and there in front of 80,000 people, Hank Heimlich was leading his Big Red Band—he calls it, to this day, "my band."

He says he does not understand what "ego" means. He does not seem to be an immodest, arrogant man. But he is inflexible and full of a con-

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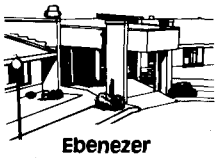

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POST SCRIPTS

Santa's Clause

Shrieks of surprise
As wrapping flies,
And ribbons pop,
And children hop
From toy to toy
Resounding joy.
Beating drums and talking dolls,
Ringing bells and bouncing balls,
Blinking lights amid the buzz,
A bigger mess there never was.

And far away from all this din
Old Saint Nick is sleeping in.

—J.H. Johnson

Clothes Call

"At Christmas I was visited by a jolly, bearded fellow with a big bag over his shoulder."

"Did you get a good look at him?"

"I certainly did. My son came home from college with his laundry."

—Kenneth E. Hall

Chairman of the Bored

"I don't care how she looks," the tycoon told the woman at the employment agency, "as long as she's capable."

"I suggest you try for temporary help," the woman countered.

"What makes you think I want temporary help?"

"In our experience, when a man doesn't care about his secretary's looks, he's usually on the verge of retirement."

—Kris Lee

To Suit the Occasion

When dads add weight, with pouch to boot,
Their shape just fits a Santa suit;
But by the time they reach that age,
The kids have passed the Santa stage.

—Jean B. Boyce

Prodigal Progeny

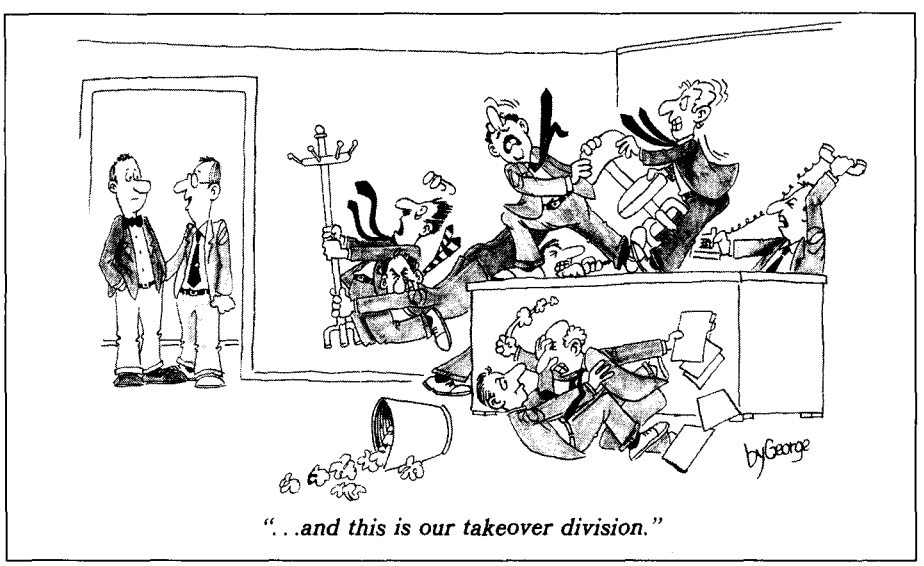
"One doesn't raise children; one rears them"
Was ventured one day, off the cuff,
Though judging by some kids' behavior,
Not "reared," I think, often enough.

—James A. Knoop

Not Write Now

It really doesn't always pay
To answer letters right away,
For when the party next replies,
He feels he must apologize
For being not as prompt as you.
And by the time that he is through
With his regrets, the letter's done,
And you must write another one.

—S.H. Dewhurst



". . .and this is our takeover division."

Muddling Through

"Little boy, why are you playing in that mud?"

"Because it's easy to find, it doesn't hurt me, and it doesn't need batteries."

—George E. Bergman

Man of Vision

"Daddy, what is an actor?"

"My son, an actor is a man who can walk to the side of a stage, peer into the wings filled with theatrical props, dirt, dust, other actors, stagehands, old costumes, and other debris, and say, 'What a lovely view from this window.' "

—James Curnane

The Stamp of Approval

The woman visiting her daughter had been writing letters home when she ran out of stamps. The daughter helped her mother out by opening the family Bible, where she had stashed her stamps.

"I also keep my household allowance here," the daughter said. "The people who open the Bible wouldn't steal from me, and the ones who might would never open it."

—Martha J. Beckman

Where There's a Wilt, She's Away

Looking upset, a man walked into a flower shop and asked for geraniums.

"We're out now, but we do have some African violets," the florist said.

"No thanks," the man said. "It was geraniums my wife told me to water while she was away."

—Bobbie Mae Cooley

Damned by Feint Praise

Fired because he loafed on the job,
He sought a letter of recommendation.
The boss was eager to be honest
But didn't want to hurt the worker's

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reputation.

Having thought about it, long and hard,
An idea hit him, out of the blue:
"Dear Sir," he wrote, "You will be lucky
If you can get this man to work for you."

—Muriel Kovinow

Beg Deal

Some people beg your pardon;
Some others beg for alms.
A third group begs the question
With no apparent qualms.

When it comes to begging,
We've different views, I know.
Some folks think begging's fitting;
I beg to differ, though.

—G. Sterling Leiby

Toll Tale

A dilapidated car wheezed its way up to the tollbooth at the bridge. Every last drop of gas was gone, and the worn-out tires were almost flapping in the breeze.

"Fifty cents," the attendant announced.

The driver leaped out of his car.

"Sold!" he exclaimed, holding out his hand.

—Oliver E. Frazier

Blessed Rest

Sunday after Sunday, some of the older men in the congregation slept during the minister's sermon. Finally, he asked one of the deacons why the men dozed.

"Son," the gentleman said, laughing, "look at it this way: We couldn't sleep each Sunday if we didn't trust you."

—Thomas LaMance

Travelers' Advisory

Travelers, especially those going on business trips, usually make one big mistake—telling friends, casual acquaintances, or distant relatives where they are going:

"You're going where? Why, hey, there's somebody I want you to look up! Great guy. Let me write down the phone number. I'll give you his home and his office just in case. . .";

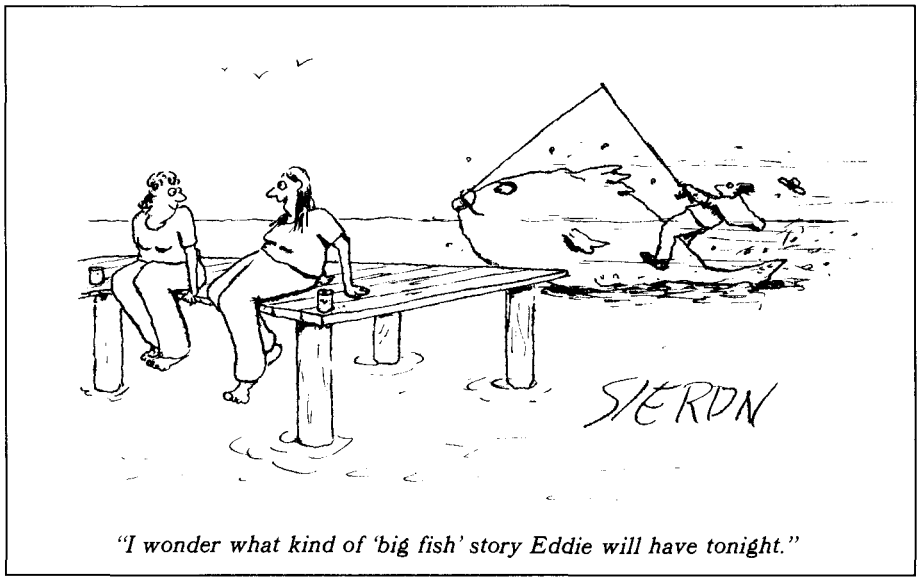
"See, there's this nice couple—he's a lawyer whose mother-in-law is a close friend of the boss' family, and on this Alaskan cruise two summers ago, they were a laugh a minute. You'll love them";

"You must go visit this guy. He's a big politician out there now, but he went to school here—right here—with somebody's prominent uncle. Please tell him for sure he's got to come to the class reunion in October. Remember now, October. . .";

"You must go find that taxi driver. Let's see—George? Maybe his name was Nick. Anyway, he's real nice, ran a clean cab, and always wore a leather seaman's cap. He's from Yugoslavia and hangs out in front of the Hilton. Or maybe it's the Sheraton. Tell him the family is still working on immigration to get his cousin here at some community college—just like they promised";

"Check out this car dealer while you're there, but see *him*—not some flunky in the office if you want a good rental. He used to play in somebody's brother's foursome every winter vacation in Phoenix. Nice guy, but, oh, what a backswing! Tell him everybody says hello, O.K.?"

—Ralph Shaffer



"I wonder what kind of 'big fish' story Eddie will have tonight."

Truth Decay

Some of the most entertaining fiction today comes from young couples writing their own marriage vows.

—Frank Walsh

Happy Holidays

A man in his 60s was arguing with a friend about his upcoming marriage to a woman in her 20s:

"I just don't believe in these May-December marriages," the friend said. "After all, December gets from May the freshness and beauty of springtime, but what can May find in December?"

The groom-to-be didn't mince words: "Christmas!"

—Mrs. L. Mayer

Stormy Weather

The bride is cute and young and greedy;
The groom is old and rich, indeedy.
She plans on wealth (she's lots to learn);
He thinks his youth will now return.
But kids and trusts will see she's foiled;
Worn parts will mean his dreams are spoiled.
They married here for two bad reasons,
So raise your glass to mismatched seasons.

—Kay Daut Alvarez

Newsworthy

"Do you believe TV will ever make the newspaper obsolete?"

"Never. It's impossible to line a birdcage with a TV."

—Rose Sands

Pocket Veto?

It's not hard to see how God created the world in six days—no Senate confirmations were necessary.

—B. Bader

Raw Oysters

There they sit upon their shell
Looking like I'll never tell.
No head, no eyes, just gobs of goo;
Swallow fast, and please don't chew.

—Charles Ghigna

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THE AIRTIGHT CASE FOR AIR BAGS

There is no comparable safety substitute for putting air bags in all cars, says Allstate Insurance Group's chairman and chief executive officer.

by Richard J. Haayen

Synopsis:

For a decade and a half, opponents of air bags have been postponing what many believe to be the greatest revolution in automobile safety ever: the installation of air bags in addition to safety belts in all cars. Last issue, Richard J. Haayen explained how air bags have already saved hundreds of lives, and how, by installing them in all cars, we could prevent 10,000 highway deaths and more than 100,000 serious injuries every year. It's lifesaving news that air bags' ultimate protection should soon be readily available nationwide.

Conclusion:

The big breakthrough for the public may be imminent. In July 1984, the U.S. Department of Transportation instituted a requirement that such automatic front-seat-occupant restraints as air bags or automatic safety belts be installed in every new passenger car by 1990. This ruling requires a gradual four-year, phased introduction of automatic restraints beginning September 1, 1986, to include 10 percent of 1987 model cars; the percentage would increase each year until 1990.

But in her ruling, Secretary of Transportation Elizabeth Dole also determined that this phase-in of automatic restraints would be rescinded if, by April 1, 1989, states representing two-thirds of the nation's population enacted and enforced mandatory safety-belt-use laws by front-seat occupants. In effect, the ruling forces states to choose between air bags and manual safety belts—in all new cars since 1968.

This either-or provision worries insurers, doctors, safety groups, and others. The two concepts of occupant restraints should have been made complementary. Instead, Secretary Dole treated them as if they were mutually exclusive. And the DOT ruling provides no broad, uniform national policy designed to prevent injuries and deaths in all states and for all car purchasers. Rescission of Secretary Dole's automatic-crash-protection rules could occur if as few as 16 of the most populous states adopted mandatory belt-use laws that meet DOT criteria. The remaining states, with 80 million residents, would be left unprotected by any planned, proved program of reducing casualties. Moreover, the DOT does not require even those states that pass such laws to keep them in effect after rescission or to make any specific enforcement efforts.

The insurance industry urges everyone to use safety belts. Allstate and the vast majority of insurers now support passage of mandatory safety-belt-use laws to reduce casualties by increasing belt use. This policy follows 30 years of expensive, but unsuccessful, efforts by industry and safety groups to motivate widespread voluntary usage. But these groups do not want belt laws to prevent installation of complementary air-bag technology in all 1990 model cars.

To obtain effective safety-belt laws now, without denying the public this ultimate protection of air bags, insurers and safety groups strongly recommend that each state considering belt laws include a legislative statement of intent. This statement should make clear that it is *not* intended that the law's passage contribute in any way to changing the scheduled introduction of automatic restraints.

Despite the past extensive promotion of safety belts, their voluntary use by front-seat occupants averaged only about 12.5 percent in the United States before recent passage of mandatory-use laws by various states. Such laws have increased use in those states by two to three times than before the laws' passage.

But regardless of the degree of increased use that safety-belt laws might achieve, air bags would substantially reduce injuries and deaths even more if installed as standard equipment in full front seats.

One serious crash made "Red" Beck (left), then a Washington state senator, a booster of air bags. The other driver was killed and Beck's 1975 Cadillac was totaled in this 1977 collision, but Beck escaped without a scratch.

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The unprecedented amount of road performance proving air bags' worth includes more than 12,000 air-bag-equipped cars produced for several years through 1976. As of August 1984, these 12,000 cars, which had traveled more than a billion miles, had had 281 crashes severe enough to inflate the bags. The Insurance Institute for Highway Safety, analyzing injury data from these crashes, found that the occupants protected by air bags had substantially less-severe injuries than unrestrained occupants.

More recently, thousands of 1983-86 Mercedes-Benz and Ford Tempo cars equipped with air bags have been driven millions of miles. They have been in dozens of crashes severe enough to cause air-bag inflation. This real-world performance of air bags follows thousands of tests by automakers, insurers, air-bag suppliers, and independent research organizations and makes air bags the most extensively tested and proven auto-safety system in history.

Ford has announced plans to install driver-side air bags as standard equipment on the substantial majority of its automobiles within the next four years—if the Department of Transportation grants more time to produce and install air bags for the passenger side over the following few years. This major commitment is a breakthrough in the availability of air bags to the general public. Assuming DOT is satisfied that reasonable progress is being made on installation of passenger-side air bags and the extension beyond the 1990 full-implementation target is capped at three years or so, we support Ford's request and encourage DOT approval.

If air bags were installed in all cars, consumers would realize substantial annual savings in auto-, health-, and life-insurance premiums. Taxpayers would also benefit significantly from reduced payments at public expense to many victims and survivors, for lifelong care for the disabled, and for other costly services directly related to auto accidents.

For years, many insurance companies have offered discounts on medical-payments coverage and personal-injury-protection benefits to owners of air-bag-equipped cars in applicable states. Dollar savings would increase sharply for policyholders if all cars had air bags.

A number of public-opinion polls on occupant crash protection reflect air bags' widespread public acceptance. For example, a 1983 poll for the Insurance Institute for Highway Safety indicated that 90 percent of car buyers believed automatic crash protection should be required on new cars as standard or optional equipment. Only 4 percent of the respondents said the availability of automatic restraints should be left up to motor-vehicle manufacturers.

However, I'm still reminded by a few skeptical acquaintances that air bags work only in front and front-angular collisions. But I reply, "And coronary-bypass surgery doesn't cure cancer, but it saves a lot of lives. So will air bags. . .and used in combination with safety belts, you'll have the best overall crash protection now available."

If you would like more information about air bags and safety belts, write to Allstate's Advocacy Division, Allstate Plaza A-4, Northbrook, IL 60062.

If you want to quit smoking for good, see your doctor

New knowledge about the smoking habit

Two major factors in cigarette smoking have long been recognized—psychological and social factors. Now research has clearly revealed a third important link in the habit—*physical dependence on nicotine*, which slowly but surely develops in many smokers. When people first start smoking, their bodies must get used to the nicotine. After smoking becomes a habit, their bodies may *depend* on getting nicotine.

Why a total program approach is needed to break the habit

When smokers try to quit, the body often reacts to the withdrawal of nicotine. This can result in craving for tobacco, restlessness, irritability, anxiety headaches, drowsiness, stomach upsets, and difficulty concentrating. Because these effects can defeat even a strong will-power, your chances of quitting successfully are greater with a program that provides an alternative source of nicotine to help alleviate tobacco withdrawal while you concentrate on breaking the habit.

How your doctor and Merrell Dow can help you succeed

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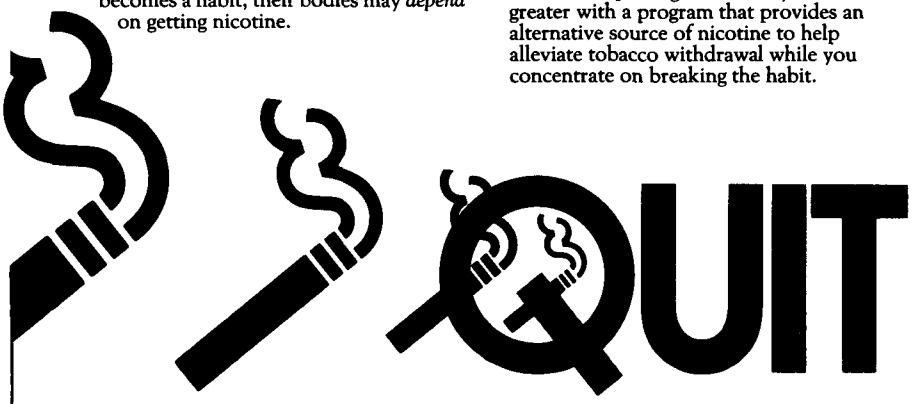

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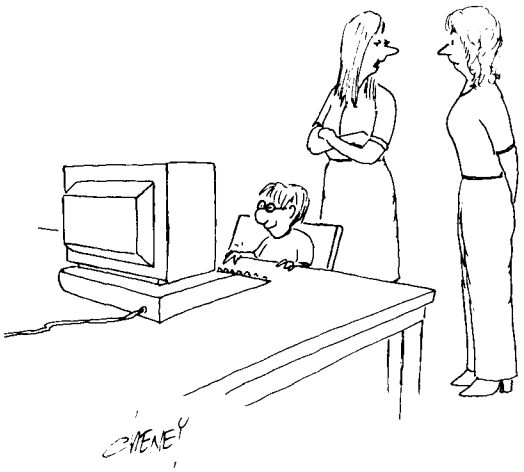
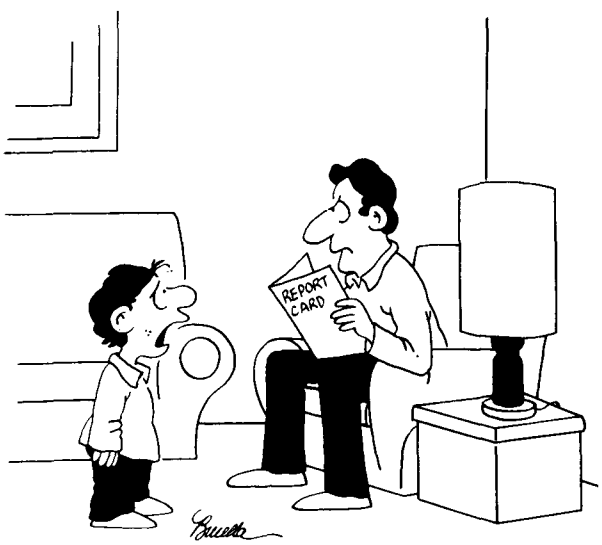
MODERN MODEMS

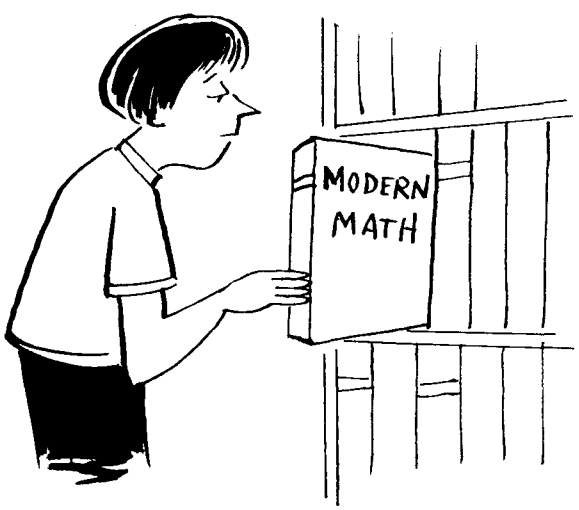


"When he was a baby, his first words were 'momma' and 'data.'"

"Of course I got an 'F' in penmanship. I hardly write any more—I just type it in the computer."



"It's easy for you to say math isn't hard. They probably had fewer numbers when you were my age."



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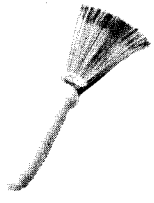

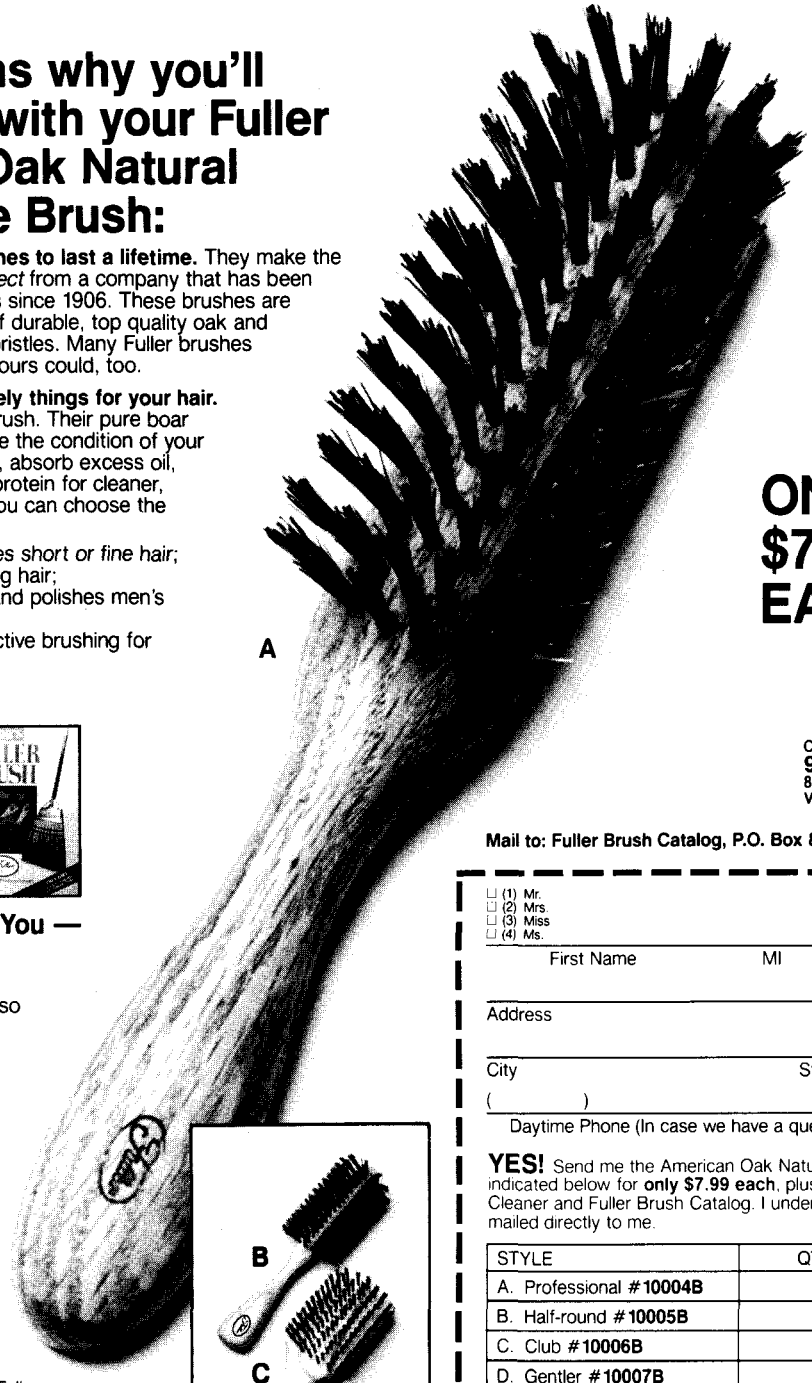

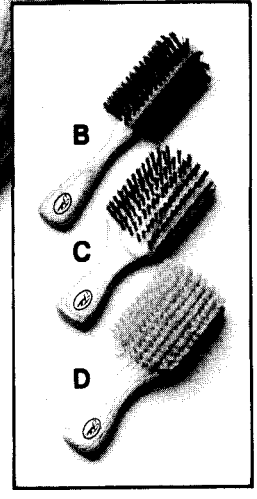

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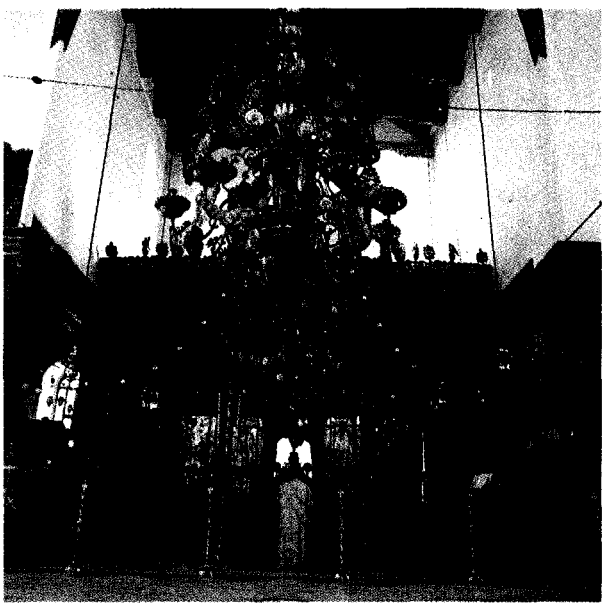
THE CHRISTMAS STORY

Behind the garish trappings of the shrine at Bethlehem, a traveler discovers the true meaning of the Nativity.

by Malcolm Muggeridge

The Holy Land is full of history, written in stones, and with the faces in the streets for alphabet. Yet it was not history I found there, but some other deeper and more exhilarating truth that lay beneath the stones, the faces, and all the hubbub and the fraudulence.

I remember the precise moment of illumination very well. It was in the Church of the Nativity in Bethlehem. I was sitting in the crypt waiting for the time when the public were excluded and we could begin to film. Earlier in the day we had been filming in nearby fields where, reputedly, shepherds were tending their flocks when they heard the tidings of great joy, that a Saviour had been born in Bethlehem whom they would find there in a manger wrapped in swaddling clothes. Sure enough, in the fields there was a shepherd with his flock—sheep and goats duly separated, just as required. When he caught sight of us and our equipment he picked up one of his sheep in his arms, precisely as in the coloured pictures I remembered so well from Scripture lessons in my childhood. Then, when he had established his posture, and our cameraman was focusing for a shot, he put down the sheep and came forward to haggle over his fee.



The setting: the Church of the Nativity at Bethlehem, built over the cave in which Jesus of Nazareth was born.

It was after settling this unseemly transaction, and getting our footage of the shepherd and his flock, that we went into the Church of the Nativity, having the greatest difficulty in making our way because of the press of beggars and children offering picture postcards, rosaries, and other souvenirs for sale.

Still smarting from their persistent importunity, I had found a seat in the crypt on a stone ledge in the shadow cast by the lighted candles which provided the only illumination. How ridiculous these so-called "shrines" were! I was thinking to myself. How squalid the commercialism which exploited them! Who but a credulous fool could possibly suppose that the place marked in the crypt with a silver cross was veritably the precise spot where Jesus had been born? The Holy Land, as it seemed to me, had been turned into a sort of Jesusland, on the lines of Disneyland.

Everything in the crypt—the garish hangings which covered the stone walls, the tawdry crucifixes and pictures and hanging lamps—was conducive to such a mood. The essential point, after all, about Jesus' birth was its obscurity, which made a perfect contrast with an Aphrodite rising in all her beauty and splendour out of the sea, or an Apollo radiant and masterful even by comparison with his fellow deities. How foolish and inappropriate, then, even from the point of view of fabricating a shrine, to furbish up what purported to be Jesus' birthplace with stage effects, decking out his bare manger to look like a junk shop crammed with discarded ecclesiastical bric-a-brac! Rather, the shrine should surely aim at accentuating the bareness, the lowliness, of the occasion it celebrated, so that the humblest, poorest visitor might know that the Son of God was born into the world in even humbler, poorer circumstances than his.

As these thoughts passed through my mind I began to notice the demeanour of the visitors coming into the crypt. Some crossed themselves; a few knelt down; most were obviously standard 20th-century pursuers of happiness for whom the Church of the Nativity was just an item in a sightseeing tour—as it might be the Taj Mahal, or the Chamber of Horrors in Madame Tussaud's Waxworks Show in London, or Lenin's embalmed corpse in his mausoleum in the Red Square in Moscow.

Nonetheless, as I observed, each face as it came into view was in some degree transfigured by the experience of being in what purported to be the actual scene of Jesus' birth. This, they all seemed to be saying, was where it happened; here He came into the world! here we shall find Him! The boredom, the idle curiosity, the vagrant thinking all disappeared. Once more in that place glory shone around, and angel voices proclaimed: "Unto you is born this day. . .a Saviour, which is Christ the Lord!" thereby transforming it from a tourist attraction into an authentic shrine. "Where two or three are gathered together in my name," Jesus promised, "there I am in the midst of them." The promise has been kept even in the

continued on page 101

The action as depicted by Correggio: a just-delivered baby has brought "a new spiritual dimension to the cosmic scene."

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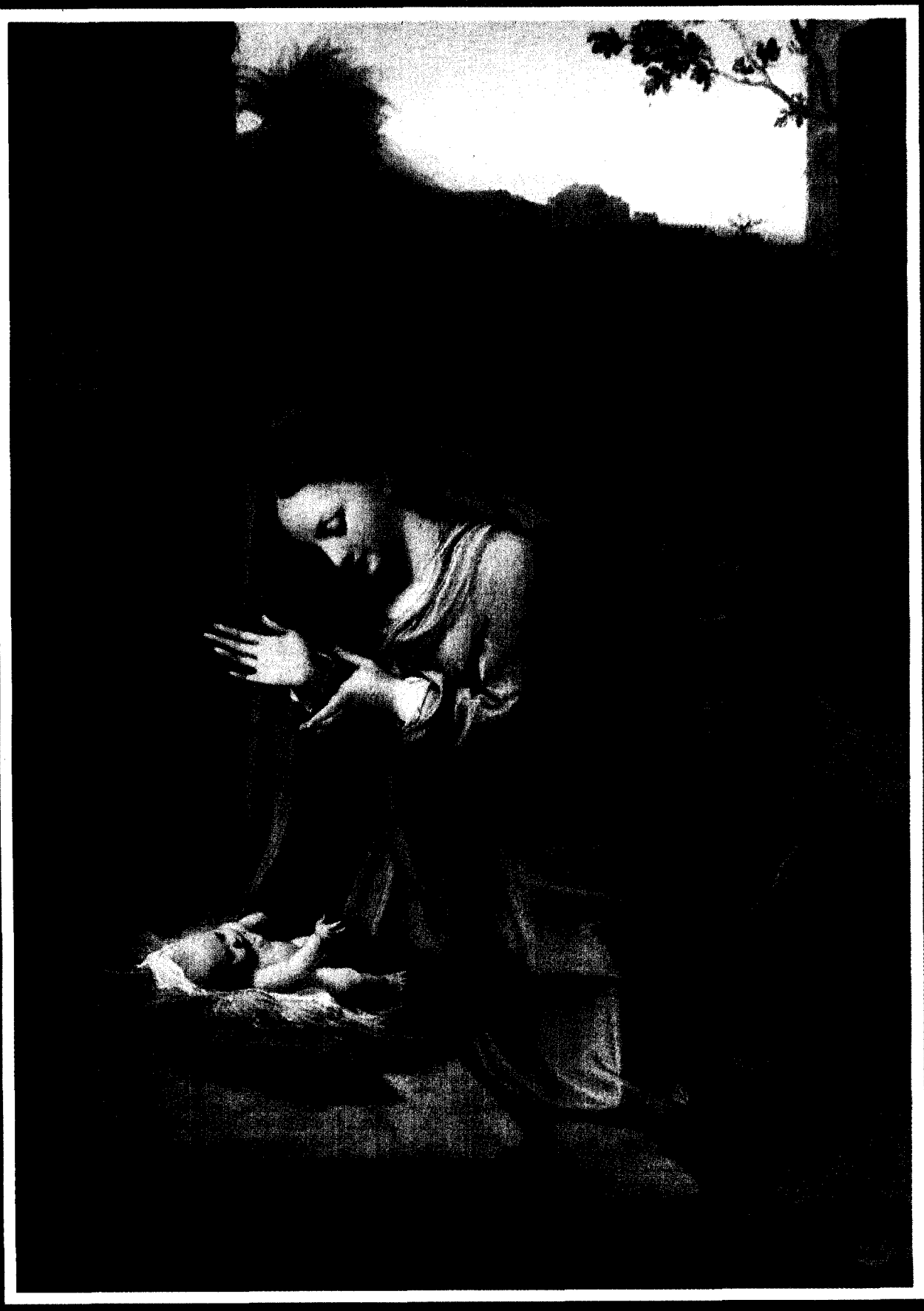

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STOCKBRIDGE AT CHRISTMAS

A wintry walk along the streets of the New England town made famous by the illustrator Norman Rockwell.

by Maynard Good Stoddard

The flock of summer visitors—migratory artists, dancers, and writers and their satellite watchers, listeners, and admirers of art—have long since departed this old-fashioned New England village, and once again its streets and time-proven structures belong to the natives—and, at the moment, to you and me.

Thanks to the magic of the paintings that sprang to life under the brush of Norman Rockwell, we are privileged to take a Christmas Eve walk through the streets of the famous illustrator's hometown, Stockbridge, Massachusetts. With any luck we may spot (under stocking caps and protective scarves if the wind is blowing snow off the roof of the Berkshire Hills) the immortalized faces to be found among some 4,000 paintings that compose his lifetime portfolio.

Slip on your coat and earmuffs, turn up your collar, and come along. Down the recently shoveled sidewalk of Main Street we plod past the public library, the 7-Arts Gift Shop, the supermarket behind its Greek Revival façade, then the barbershop, the Image Gallery, the town bank, and on to the rambling Red Lion Inn.

Built in 1773 by the marvelously named Silas Pepoon, the lordly inn served as a stop for stagecoaches traveling between Albany, Hartford, and Boston. It can boast of at least five U.S. presidents as guests, and it has been hallowed even more by the resounding snores of Nathaniel Hawthorne, William Cullen Bryant, and Henry Wadsworth Longfellow.

From the gaily decorated inn we turn down a side street, where in the hush of falling snow "peace on earth" suddenly becomes even more a reality. The windows are lit, Christmas trees shimmer with baubles, stockings have been hung by the chimney with care, and visions of the happy households awaiting the big day come easily.

The house over there, the one behind the high hedge of balsam and the picket fence? Once owned by Aaron Burr, that is the house Norman Rockwell bought from the Burr estate for $20,000. It had been moved from Main Street. (Moving houses at that time was quite the thing.) The house

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was "what they call a foursquare house," Rockwell would explain, "the four rooms on the main floor being of equal size." Tourists being what they were, and are, there was no mailbox or other evidence to identify its owner. Still, it often suffered strange surprises, such as the admiring fan who climbed through a bedroom window for an autograph.

Rockwell's last studio was in the carriage house, now moved to the 40-acre grounds of the new museum. His original studio in Stockbridge was above Central Market; we passed it back there on Main Street. You might have noticed the picture window he had installed directly above the market door; the window enabled him to look down upon the people entering the market. Spotting a possible candidate, he would rush down and invite the person to come up and sit as a model. Whatever picture graced his easel, "I was showing the America I knew and observed to others who might not have noticed," he once said.

Where are those immortalized models now? Who knows but what we might, as we head for the celebrated Old Corner House, spot one or two on the way. Over there, that could be Joan Mahoney, who posed with her fiancé for *The Marriage License*—Rockwell's *Saturday Evening Post* cover for June 11, 1955. The woman trudging behind her could easily be Anne Braman, who sat (or stood, rather) for *Teacher's Birthday*, another *Post* cover. (Rockwell didn't like her shoes, so he had her wear his wife's shoes, although they were three sizes too big.) And that man hurrying past certainly looks like Marty Salvadore, whose face appeared in a painting promoting the Peace Corps.

Along the now drifted sidewalks we tramp around to the famous Old Corner House, corner of Main and Elm. This beautiful 18th-century Georgian house has been the home of the Norman Rockwell Museum since its inception in the 1960s. It was restored to its former beauty with the help of—who else?—Norman and Molly Rockwell.

Beautiful as the house may be, a future visit to Stockbridge may well find it used only for museum offices, archives, and special events and hospitality. None other than President Reagan is the honorary chairman of a campaign to raise $5 million for new quarters. A local drive has succeeded in getting the fund off the ground with a hefty $1 million of that 5. The new property and the finished museum promise to be ideal for the Norman Rockwell paintings and archives. The one-story building, centering about an atrium, will have all the modern facilities, such as climate control, security systems, and adequate space for the paintings' storage as well as their exhibition.

In the meantime, the Old Corner House remains the cornerstone of Stockbridge; it holds the only significant collection of Rockwell art in existence.

Besides paintings, if we could enter here (for three dollars), we would find sketches and drawings as well. We could spend the night looking at *Saturday Evening Post* covers, story illustrations, early drawings for *Saint Nicholas*, portraits, and advertising work.

Although space will allow but 50 to 60 paintings to be hung at one time, they are rotated once a month by using others from the inventory of 400 to 500. Some paintings, such as *Four Freedoms* and *Stockbridge at Christmas*, remain on permanent exhibit. It's an arrangement that has already pleased the museum's one-millionth visitor.

Housed here are two groups of works: Mr. Rockwell's personal collection and paintings acquired by the museum through gifts, purchases, and bequests. ★

Time has done little to change the face of Stockbridge, Massachusetts, since Norman Rockwell painted it 20 years ago. The only difference—these days the Red Lion Inn (far right) is brightly decorated for the holidays.

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FOOTBALL: THE MAKING OF A COLLEGE COACH

Why is it the little defensive back, the obscure lineman, or the benchwarmer who becomes the big-time success in the campus game?

by Furman Bisher

One of the nicest immortals I've ever known is Red Grange, old No. 77, "The Galloping Ghost" of Illinois, a product of the "Roaring '20s," when hero consciousness first came alive in the minds of Americans.

"Do you have any piece of equipment that you wore on the football field?" an old friend once asked him.

"No," Grange said. "I don't have anything. I don't even have an 'I' sweater."

There was silence for about three paces. "You know," Grange said, "I'd kind of like to have an 'I' sweater now."

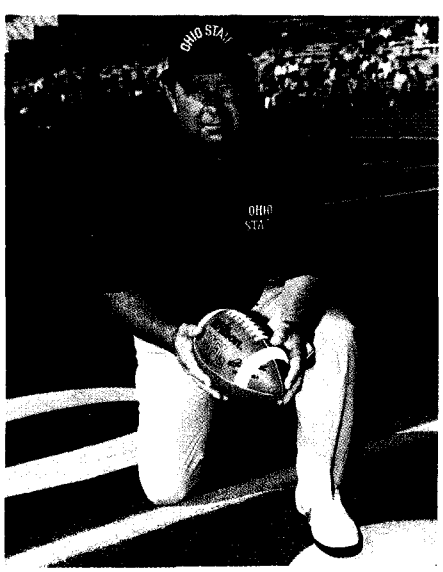
Naturally, such a man with such a talent for carrying a football and scoring touchdowns would make a splendid coach, would he not? The answer is, he would not, something he best explained himself.

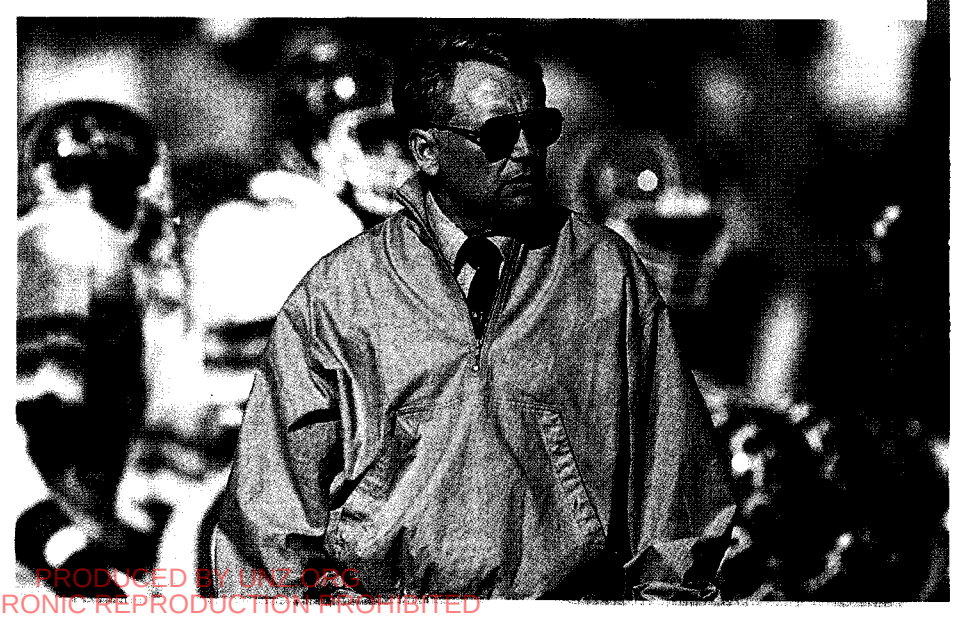
"I can't take much credit for what I did running with a football, because I don't know what I did. Nobody ever taught me and I can't teach anyone," he said. "You can teach a man how to block or tackle or kick or pass. The ability to run is something you have or you haven't. . . . The sportswriters used to try to explain it, and they used to ask me. I couldn't tell them anything."

A gridiron legend, but never a coach: Red Grange, "The Galloping Ghost."

So Red Grange, when his running days were done, went into insurance and broadcasting and did well. What, then, does go into the making of a coach, and why is it that so often it's the little defensive back, the obscure lineman, or the benchwarmer who becomes the big-time success in the campus game? The question is no more easily answered than Red Grange trying to explain how he runs, but we shall, here, take a look at some coaches and how it came about.

It just so happens that last season's "National Coach of the Year" is a vivid example of those who have coached their way out of the boondocks. Fisher DeBerry, who grew up in the small town of Cheraw, South Carolina, and played football at the small college of Wofford in Spartanburg, South Carolina, was coaching in the obscurity of Appalachian State when he was hired to coach offense at the Air





Neither Earle Bruce (above) nor Dick Crum (right) played varsity ball in college, but both now coach at major colleges: Ohio State and North Carolina, respectively.

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Force Academy. Last year, DeBerry finished his third successful season as the head coach, with the loss of only one game, and came to know the feeling of instant celebrity. As all the renowned names in American head coaching sat in the audience, DeBerry marched forward to be awarded the trophy as the best of them all at the annual national coaches convention.

Coaches who hardly played the game have managed to succeed. In fact, Frank Murray, the man who brought the greatest fame to Marquette University before the school abandoned the game, never played football at all. Dick Crum, a professorial little man who's now the head coach at North Carolina, was only a junior-varsity player at Mount Union, a small college in Ohio. When Lou Holtz pursued education at Kent State, he was listed as a third-string 158-pound linebacker. "And you can imagine how much a third-string 158-pound linebacker played, even at Kent State," he has said.

Always in Holtz' mind, though, was the ambition to coach the football team at Notre Dame, to the point that one of the clauses in his contract at Minnesota allowed for his escape should the Notre Dame job become open. It did at the end of last season, and now, after stints at William and Mary, North Carolina State, Arkansas, and Minnesota, the former 158-pound linebacker is indeed the head football coach at Notre Dame.

An average tackle when he played for Miami of Ohio, Bo Schembechler now directs the Michigan Wolverines.

Frank Leahy, who served not long before him at Notre Dame, was no more than a journeyman lineman for Knute Rockne. He spent more time recuperating from injury than performing but made it up to the Irish as one of their most dynamic coaches.

At Ohio State, another journeyman followed legend. Earle Bruce came down injured as a freshman and spent the rest of his college days on the house, due in no small way to the generosity of Woody Hayes, the man in whose shoes he now walks.

A coach unusual in this day is Dick Sheridan, who makes the transfer from Furman University to North Carolina State this season. Like Frank Murray, Sheridan never played college football. He was bound for West Point but needed some preparatory courses, which led him to South Carolina for a year, at the end of which he had lost his military fervor. He spent the rest of his academic years looking over Paul Dietzel's shoulder and preparing himself for what he knew he wanted to be—a football coach.

Miami of Ohio has been a greenhouse for major-college coaches. Young men who coached there a few years and enjoyed some success would then be plucked from the vine by some larger school. At one time, four head coaches in the Big Ten had done their apprenticeships at Miami: Hayes of Ohio State; Ara Parseghian of Northwestern (later Notre Dame); John Pont of Indiana (later Northwestern); and Bo Schembechler of Michigan. Today the last of the group, Schembechler, has been joined

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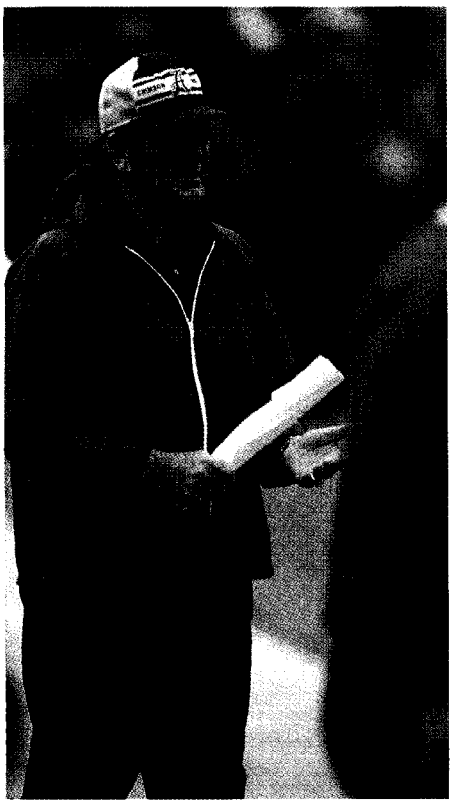

Many great players and coaches came from the Crimson Tide teams of Paul ("Bear") Bryant (above), including Bryant's successor, Ray Perkins.

How does a third-stringer become a major-college coach? Easy, says Notre Dame's Lou Holtz: "Coaching is nothing more than eliminating mistakes before you get fired."

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CHRISTMAS AND THE FAMILY TREE

Peace on earth? Not with a rabbit, a beagle, and a kid with a slingshot turned loose in the living-room jungle.

by Maynard Good Stoddard

Illustrated by Don Trawin

The day before Christmas this particular year, Belshazzar, the German shepherd dog of my youth, got his tail caught in the washing machine. Our family should have heeded the omen and canceled Christmas on the spot, for it was our turn to entertain the whole clan on the Good, or mother's, side of the family. Because she had four married sisters and two married brothers, it would be quite a rabble.

In preparation for the big day, mother had been out on our enclosed back porch washing a few things. Belshazzar, walking past and wagging his tail, made one wag too close to the cogs of the machine, and they ground his tail up nearly to his hindquarters. Nor was he slow in letting half the county know how he felt.

After pulling the plug on the machine, mother dashed crosslots to the blacksmith's shop and yelled to Frank Cross, the smithy: "Our dog's in the washing machine!" Frank gave a final rap to a hot horseshoe on the anvil, removed his pipe, spat into a convenient keg of sawdust, and remarked, "That's a h--- of a place for a dog." But he came over, reversed the cogs, and unwound the tail. Never again would Belshazzar walk through the back porch without giving the washing machine a respectful wide berth.

Another reason this particular Christmas would go to the dogs, so to speak, was mother's earlier mandate that because of the expected crowd, there would be no Christmas tree. "There wouldn't be room," she explained. "Especially not with your Uncle Cotton coming."

Perhaps you should know about Uncle Cotton, a diamond-studded big shot from the city of Flint (Michigan, that is). He liked to say he was in the "advertising game." But we all knew that what he did was sit behind the front window of a certain Italian restaurant on Saginaw Street and eat spaghetti and meatballs from 10 a.m. to 6 p.m.—with an hour off for lunch. Uncle Cotton was a big man, groaning the scales at around the 350-pound mark, it was estimated.

Anyway, word got around not to expect a Christmas tree. In its place would be popcorn and cranberry strings, and for atmosphere a few boughs of pine across the piano top. Besides the wood-burning stove and the sofa, the rest of the living room would be filled with folding chairs borrowed from the Richfield Methodist Protestant Church.

Christmas Day dawned without warning. But soon after dawn, or so it seemed, Uncle Cotton and his family were rapping at our door. Their alibi for this early intrusion was that they had heard we weren't going to have a tree, and "what is Christmas without a tree?" So they had brought one, decorations and all. Mother said they shouldn't have. She never meant

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anything more.

That wasn't the worst of it. Worse was when Uncle Clyde's brood showed up with a tree even bigger than Uncle Cotton's tree. Still worse, by the time the entire tribe had gathered, five Christmas trees had been erected in our living room, which left space for only a single row of chairs along the wall. Dad let the fire in the stove go out.

Here the men sat, not even trying to talk over the din from the kitchen, where the women were complimenting each other on cakes and pies and cranberry salad, the complimentees protesting that they weren't as good as usual. Uncle Seymour, at one point, parted the boughs of a tree and peeked through to ask Uncle Clymer how his winter wheat was doing. Uncle Clymer, who often forgot his hearing aid on such occasions, replied that he'd be going home before dark. And that was about the extent of the men's conversation.

By this time, mother had called dad into the pantry and suggested he might find it to his benefit to keep one of the trees and to relegate the others to the backyard. As for whose trees were to be exiled and which one exalted, they couldn't agree. So all five remained, with the men pressed against the wall and the cousins required to navigate by crawling beneath the branches.

When the perennial question arose —Do we eat dinner first or open gifts? (the gift exchange had been decided by drawing names from a hat at the Thanksgiving bash)—Uncle Cotton, at two hours past the time he usually began eating spaghetti and meatballs, campaigned successfully for dinner first.

"If we are going to eat first," Aunt Sophie said, "I've got a gift stashed in the barn that can't wait. It's so cold out there." So she went to the barn and brought back a beautiful white rabbit in a wire cage decorated with a big red bow and presented it to Bridget, Aunt Fleetie's little girl. Bridget, with a squeal of delight, took it out of the cage to hold in her arms. It would turn out to be a poor idea.

"Maybe you're right," Uncle Latimer said. "I've got a gift in the car that might also be feeling the effects of the cold about now." He came back with a beagle pup for cousin Roscoe, who had already been flourishing a professional slingshot with real hunting pellets he had found under the family Christmas tree that morning.

Well, putting a rabbit, a hound dog, and a kid with a slingshot in one room is not only asking for it—you've already got it. The pup's baby bay, after spotting the bunny, was all it took for bunny to scramble out of Bridget's arms (ripping a hole in her pink voile dress in the process) and set its feet in motion for the safety of the five Christmas trees. Fortunately, the dog had trouble getting traction on the linoleum floor, which allowed the rabbit to be pretty well sequestered by the time the dog reached the living room. Roscoe, slingshot in hand, was not far behind.

"Not in the house!" screamed Aunt Agatha, Roscoe's mother, sticking her hand in the gravy boat as she leaped up to cut him off at the door. But the hunting instinct cannot be denied. Once your very own hunting dog flushes its prey into the open, a single Nimrod cell is all it takes to fit that pellet into the pouch and have it on its way—in this case, through the bottom pane of the low window overlooking our backyard. Bridget's terrified little rabbit lost no time in escaping through the hole, the dog tight on its heels.

From the women came cries of "Head them off!" and "Oh, hurry!" and "There they go now!" and "Someone do something!" which was immediately narrowed down to "You men!"

Having to move single file around the trees, the men weren't all that swift in responding. By the time they

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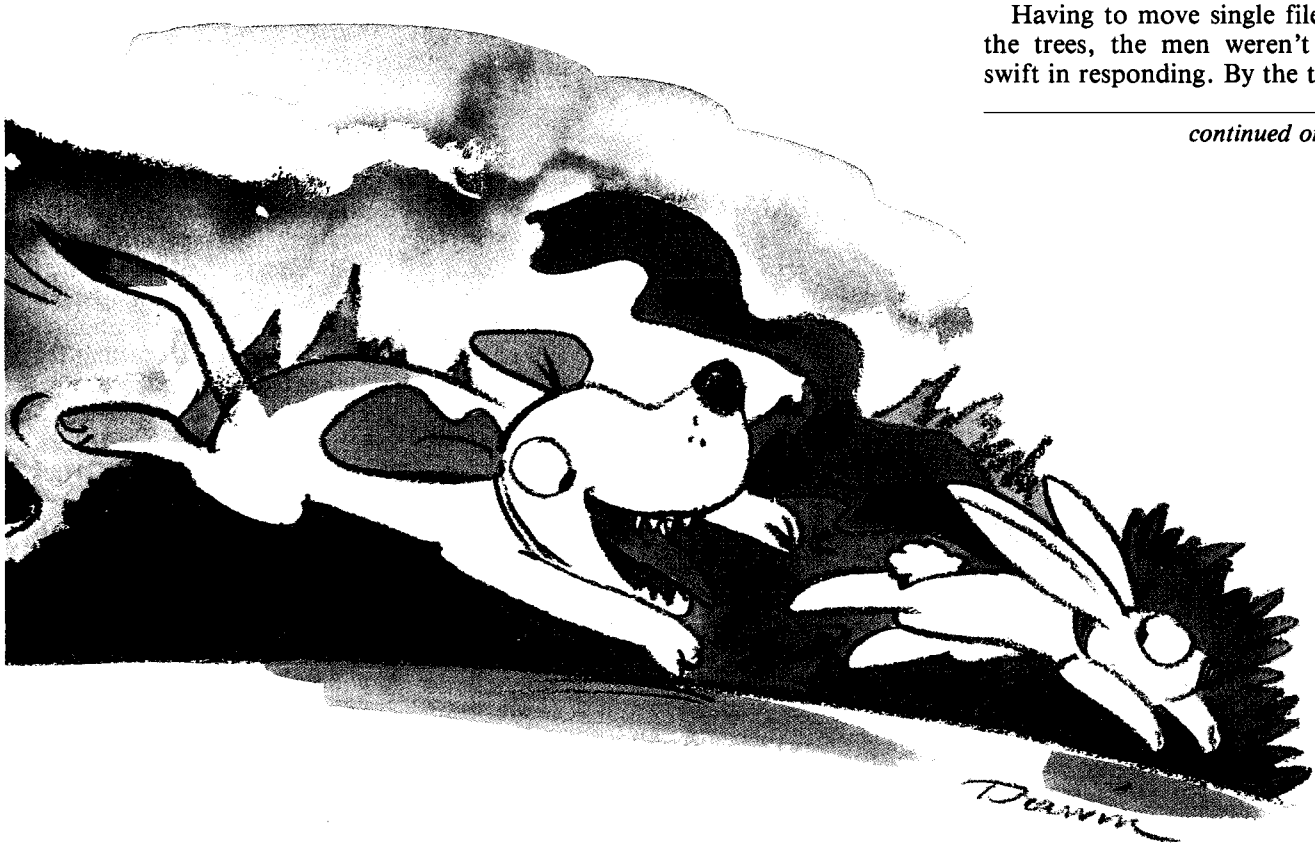

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MIGHT ESTROGEN PREVENT MEMORY LOSS?

Are postmenopausal women who suffer from osteoporosis more likely to suffer from memory loss? Are Alzheimer's and memory loss associated with lack of estrogens? Rockefeller University wants to know.

by Howard M. Fillit, M.D.

Editor's Note: The Rockefeller Institute, staffed with Nobelists and eager scientists engaged in research at the very frontiers of biological discovery, is a quiet oasis of reflection amid the churning of midtown Manhattan. To broaden its endeavors, the institute became the Rockefeller University. In lieu of alumni, a Rockefeller University Council was formed, composed of interested leaders in industry, education, science, and philanthropy. David Rockefeller, chairman of the council, invited my husband, a medical scientist, to attend a meeting of the council as his guest (I was included in the invitation) to participate in a seminar, titled "Hormones and the Brain: The Neuroendocrinology of Aging, Alzheimer's, Stress, Depressive Illness, and Appetite Disorders."

The following address given by Dr. Howard M. Fillit has much that will interest our Saturday Evening Post *readers. C.S.*

Probably most of you have thought that it seems as if men and women think differently and are emotionally different. Indeed, the French expression *vive la différence* suggests much more than simply that men and women *look* different, but rather that the interaction of masculine and feminine behavior influences our everyday lives in subtle and interesting ways. Most of you have probably also heard the expression "sex is really in your head," implying that sexual fantasy and other higher cognitive and emotional factors are far more important in the human sexual response than the simple physiology of intercourse. And though we are all highly intellectual beings, I wonder if any of us do not go through a day without some sexual fantasy intruding on our thoughts.

Of course, reproduction is as essential to our species as it is to any other, and because our reproductive ability is generally determined by our behavior, would it really surprise you if I told you that human sexual fantasies may be influenced by such gonadal hormones as estrogen? For example, when adult women have their ovaries taken out for medical reasons, a precipitous loss of estrogens occurs. When these ovariectomized women are given oral estrogens to replace their lost estrogens, a significant increase in the frequency of sexual fantasies has been demonstrated. Now fantasy, or imagination, is certainly one of the most sophisticated of human thought processes, so that this is an example of how estrogens may influence human thought. But the effect of gonadal hormones on human thought and emotion may be even more pervasive and significant.

Dr. Howard M. Fillit has authored numerous papers in the fields of immunology and Alzheimer's disease during his ten years at Rockefeller University. Trained as a geriatrician (an internist who specializes in the problems of old age), Dr. Fillit has a primary goal: "Not to make people immortal, but to improve the quality of life for the elderly."

A list of masculine and feminine psychologic characteristics has been gathered from a number of scientific studies. Perhaps the most well recognized of these characteristics is that men have better spatial abilities for such tasks as putting together toy models, and women are better at verbal communication. In addition, men are more oriented to objects, and women are more concerned with people. And of course, we perceive men as generally more overtly aggressive. These differences in behavior are seen even in young children. Little boys, for example, seem to be always running around, while little girls are usually more sedate and calm. Indeed, recent research has shown that

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differences in the moods of boys and girls less than two years old correlate with their levels of sex hormones.

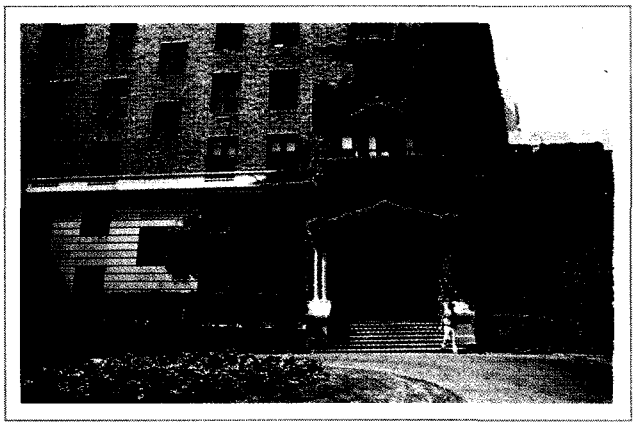
In fact, sexual differentiation of the brain begins during fetal development. Recent research indicates that, as in the development of the genitals, we begin fetal life with an essentially female brain. In males, under the influence of testosterone, the brain becomes defeminized, and then masculinized. The female continues to develop under the influence of estrogen. Estrogen and testosterone cause specific types of nerve cells to survive and grow, resulting in the development of the circuits in the brain responsible for sexual and other gender-related kinds of behavior.

Although human personality is complex and greatly influenced by society and culture, there appear to be subtle but essential gender differences in behavior in human beings, the result of the effect of gonadal hormones on the development and function of the brain. Although the modern feminist revolution may teach us to change some gender-related behavioral traits (one hopes for the betterment of the lives of both adult women and men), the effects of modern evolution do not negate what has been true since the beginning of mammalian life: that behavioral differentiation of the species according to sexual gender has a hormonal basis.

At the time of the menopause, women almost completely lose their estrogens, and this loss has significant consequences for the health of women, because estrogens also have an important effect on other organs of the body, such as the vagina, the bladder, and the bones.

The study of the menopause and the postmenopausal period of life has become enormously important. At present, there are 30 million postmenopausal women in the United States alone, and postmenopausal women are the most rapidly growing portion of our society.

This enormous population of postmenopausal women has no historical precedent. As recently as 1900, when the average life expectancy was about 40 years, few women lived beyond their reproductive years. And yet the modern woman can expect to live fully one-third of her life in the postmenopausal period. However, the long-term consequences of survival in the postmenopausal period without estrogen—a hormone essential for so many normal female functions—are just beginning to be understood.



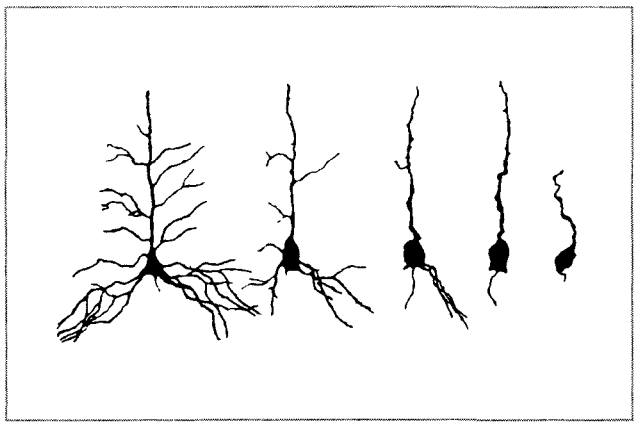
An oasis in Manhattan, Rockefeller University for postdoctoral students is a "Camelot" for serious scientists permitted time and funding for critical investigations at the very frontiers of knowledge. Rockefeller's volunteer patients in its 40-bed hospital are never charged.

The loss of estrogens at the menopause may result in both acute and chronic disease. At the time of the menopause, up to 80 percent of women experience "hot flashes," which may persist for up to ten years. These hot flashes have been shown to be real physiological events, with marked changes in blood flow and skin temperature. These hot flashes appear to result from changes in the part of the brain that regulates temperature control. Vaginal atrophy (causing painful intercourse) and urogenital atrophy (ultimately contributing to incontinence) can also result from the loss of estrogen at the menopause. After the long-term absence of estrogens, serious chronic diseases may occur, including osteoporosis. And recent data suggest that the loss of estrogen at the menopause may contribute to heart disease in postmenopausal women.

In addition to these diseases, normal menopause is often associated with psychologic symptoms: such emotional disturbances as depression, anxiety, and irritability, as well as such cognitive symptoms as memory loss and difficulty concentrating. The cause of these psychologic disturbances at the time of the menopause is not really known. Although grief associated with loss of reproductive capacity or the perceived onset of aging may contribute in psychodynamically predisposed women, psychologic symptoms may be the direct result of the loss of estrogen's effect on the brain.

Data from a number of well-controlled studies indicate that estrogen replacement therapy (ERT) relieves many of the psychologic symptoms during menopause, including depression and memory loss. However, the exact relationship between estrogen replacement therapy and these improvements is not known; much research is needed to further define the role of psychodynamic factors and hormonal factors in the development of psychologic disorders during menopause.

One of the most common forms of brain disease in postmenopausal women is Alzheimer's disease. Alzheimer's disease is now the fourth most common cause of death in people over the age of 75. This disease, which occurs almost exclusively in the postmenopausal period, has recently been shown in most studies to be more common in women by



The appearance of degenerating neurons in Alzheimer's disease. The effect of estrogen on the growth of neurons during fetal development, at least in appearance, resembles the reverse of this process.

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nearly a two-to-one ratio.

Although we don't know the cause of Alzheimer's disease, we do have some clues. We know that specific core regions of the brain—called the nucleus basalis—degenerate, and that this degeneration appears to have widespread effects on cognitive and emotional function. At Rockefeller University, Dr. Victoria Luine, working with Dr. Bruce McEwen, a pioneer in the field of the effects of sex hormones on the brain, has shown that the functioning of a region in the brains of rats comparable to the nucleus basalis in humans may deteriorate after the ovaries are removed and may be restored by estrogen replacement therapy.

Studies of brains taken at autopsy from patients with Alzheimer's disease have shown that nerve cells degenerate during the course of the disease. Estrogens cause nerve cells to grow in a manner similar in appearance to the reverse of this process of degeneration. Estrogens have also been shown to protect nerve cells against certain kinds of injury. Thus, estrogens have an effect on the brain in two ways: They enhance the growth of nerve cells and influence their function.

As a geriatrician, a physician who specializes in the care of elderly people, I began working with Dr. McEwen's neuroendocrinology group at Rockefeller to understand the cause of Alzheimer's disease. We speculated that the loss of estrogens during the menopause might result in the dysfunction, atrophy, and death of brain cells that require estrogen for their normal function.

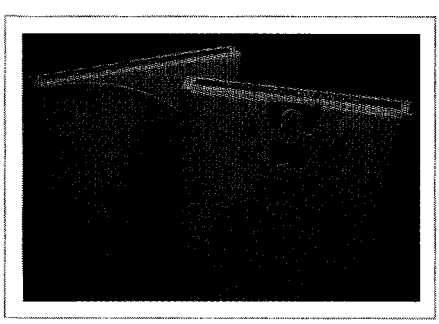
Because these estrogen-responsive neurons may have widespread and important effects on cognitive and emotional functioning in women, the appearance of psychologic symptoms during the menopause and postmenopausal period may have a neurobiologic foundation in basic studies on the effects of estrogen on nerve cells.

Thus, we wondered whether Alzheimer's disease in postmenopausal women might be the result of estrogen deficiency and whether postmenopausal Alzheimer's disease could be treated with ERT. At least one study has employed estrogen replacement for the treatment of psychologic dysfunction in elderly postmenopausal women. In a 1968

In releasing small amounts of estrogen at a relatively constant and controlled rate directly into the bloodstream, the transdermal patch is the first pharmaceutical product to closely mimic the natural levels of estrogen produced in premenopausal women.

study by Herman Kantor and his colleagues in Dallas, Texas, elderly women in a nursing home were given estrogens or placebos, and their psychologic functioning was measured. After only three months, a significant difference between the two treatment groups was noted. After three years, while the placebo-treated group had deteriorated significantly, the estrogen-treated group maintained their psychologic functioning without deterioration. These studies suggested that estrogen replacement therapy may prevent deterioration of psychologic functioning in elderly women.

About three years ago, our group at Rockefeller began to investigate whether estrogens could be employed for the treatment of Alzheimer's disease in postmenopausal women. These studies have been conducted at



The FDA has approved the marketing of a low-dose estradiol skin patch that could revolutionize the way millions of women are treated for hot flashes and related menopausal symptoms. The package requires women to change the patch twice a week.

the Rockefeller University Hospital and Outpatient Clinic in New York City. With current diagnostic capabilities, physicians are able to diagnose Alzheimer's disease with about a 90 percent accuracy. We have found that postmenopausal women with Alzheimer's disease had significantly lower levels of estrogen in their blood when compared to the blood levels of estrogen in age- and weight-matched, normal women. Although these data support the hypothesis that Alzheimer's in postmenopausal women may be related to estrogen deficiency, we are currently seeking confirmation of these data in a larger group of patients.

We have given oral estrogen replacement therapy to postmenopausal women with Alzheimer's disease and have found beneficial results. Initially, we conducted an open trial in eight postmenopausal women with Alzheimer's disease to determine whether such therapy is effective, as well as safe. No serious side effects were encountered. After six weeks of therapy, half the women responded with improvements in cognitive and emotional functioning, as measured by standard psychologic testing. The women who responded to estrogen tended to be older, and they therefore had suffered more prolonged postmenopausal estrogen deficiency. Of interest, the women who responded to estrogen tended to have osteoporosis, another sign of long-term estrogen deficiency. Recent studies have been devoted to further investigating the relationship between the occurrence of osteoporosis and dementia in postmenopausal women.

These results have also been confirmed in a second study of oral ERT in a small number of postmenopausal women with Alzheimer's disease. Although these data support the idea that ERT is of value in the treatment of Alzheimer's disease, we do not recommend the widespread clinical use of estrogen for Alzheimer's disease until further research has proved without doubt that such therapy is both effective and safe.

In this regard, recent evidence indicates not only that the long-term use of ERT in postmenopausal women is safe, but that it may actually have a number of protective beneficial effects. Historically, widespread use of

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IS AN ESTROGEN SKIN PATCH FOR YOU?

We asked Dr. Howard Fillit all the hard questions about the pros and cons of the new estrogen skin patch for menopausal and postmenopausal women.

by Cory SerVaas, M.D.

Dr. Fillit's address, as printed in the foregoing article, brought raised hands and eager questions from most of his audience. "If you're telling me that I could wear a skin patch and remember my shopping lists, I'd put one on tomorrow," said one middle-aged member of the Rockefeller University Council.

So many questions were left to be asked that I stayed after lunch to interview and televise Dr. Fillit for the *Post* and "LifeCare Digest."

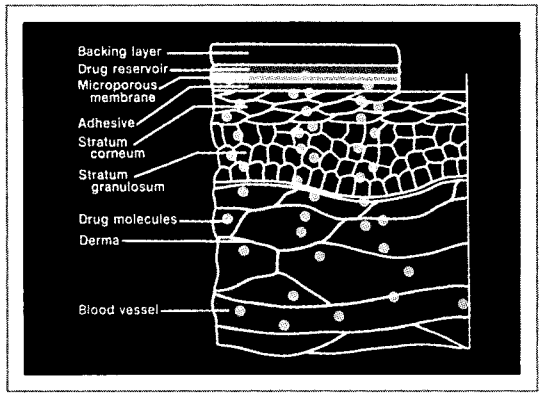
The *Post* gets the facts: Dr. Howard Fillit, a primary-care geriatrician and research professor, describes the program in which women who suffer serious memory loss or Alzheimer's may come to Rockefeller University Hospital in New York City to participate in the estrogen study. There are no fees. For admission details, see the conclusion of the interview.

Osteoporosis, a life-threatening disorder, sneaks up on postmenopausal women. There is now reasonably good agreement that the early institution of estrogen replacement in postmenopausal women serves to attenuate the severity of osteoporosis. What's more, a three-year study just published in *Geriatrics* reported on 7,610 women (median age 74) in a Los Angeles nursing home. The result: 56 women who never used estrogen died from heart attacks, compared with 28 heart-attack deaths among estrogen users. As more is known about the safety of estrogen therapy, the transdermal-patch research—about to be undertaken by Dr. Howard Fillit and his mentor at Rockefeller University, Dr. Bruce McEwen—will certainly be of vital importance to middle-aged and elderly women.

• • •

Dr. SerVaas: In your opinion, what percentage of postmenopausal women in the United States should probably be on estrogen?

Dr. Fillit: Probably most of the women should be on replacement therapy. I believe that new data are indicating that estrogen therapy is safe and effective and may prevent many of the complications of long-term estrogen deficiencies, such as osteoporosis. New data indicate that estrogens may prevent heart disease in postmenopausal women, although this needs to be confirmed by future work.



The transdermal estrogen patch makes use of the skin as a gateway to the body. In the form of a small adhesive bandage, the patch actually consists of four separate layers.

Dr. SerVaas: Could you tell us about the new transdermal patch?

Dr. Fillit: Yes, there is a new form of estrogen replacement therapy that is beginning to be distributed to physicians: the transdermal-patch form of estradiol, which is the naturally occurring form of estrogen in human females.

Dr. SerVaas: The patch doesn't include the progesterone, but you give the progesterone separately?

Dr. Fillit: Correct. The progesterone will still have to be given orally, although we are hoping that researchers will soon be able to incorporate the progesterone into the patches as well. The advantage of the patches is that the drug enters directly into the bloodstream and therefore avoids the side effects that are associated with taking the drug by mouth.

Dr. SerVaas: And what are some of the side effects it avoids?

Dr. Fillit: Well, what happens when women take estrogens by mouth is that the estrogen goes from the stomach into the liver, and in the liver 90 percent of the estrogen we take in is converted from the naturally occurring form into a metabolite which probably has little, if any, estrogenic effect and may have its own side effects. More importantly, in terms of side effects, is that the estrogen, when it goes to the liver, induces the liver to synthesize many different proteins which are involved in abnormal clotting, hypertension, and some gall-bladder problems that can be associated with routine estrogen

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therapy by mouth. Finally, as a result of the different routes of administration, the skin patch results in a ratio of naturally occurring estrogen to its metabolites which is physiologic and mimics the premenopausal state, whereas taking oral estrogens results in a ratio which is not physiologic.

Dr. SerVaas: Now, would this cause a postmenopausal woman to have menstrual periods?

Dr. Fillit: Yes, it can, but in general, these menstrual periods are very brief, and only slight spotting has been reported.

Dr. SerVaas: How different is the treatment of postmenopausal women with estrogen replacement compared with the treatment of premenopausal women with estrogen for birth control?

Dr. Fillit: I think that's an important distinction to make. The administration of oral birth-control pills to premenopausal women is an entirely different situation than the administration of estrogen replacement might be to postmenopausal women. At the time of menopause, women lose most of their estrogen. So what we're doing in postmenopausal therapy would be replacing what they have had throughout their entire lives. And this is a physiologic event. In the premenopausal woman, who already has her own estrogen, we are administering pharmacologic doses in order to prevent ovulation so that we get birth control. As a result of this, the pharmacology of the two situations is entirely different, and the side effects and the incidence of side effects are also very different.

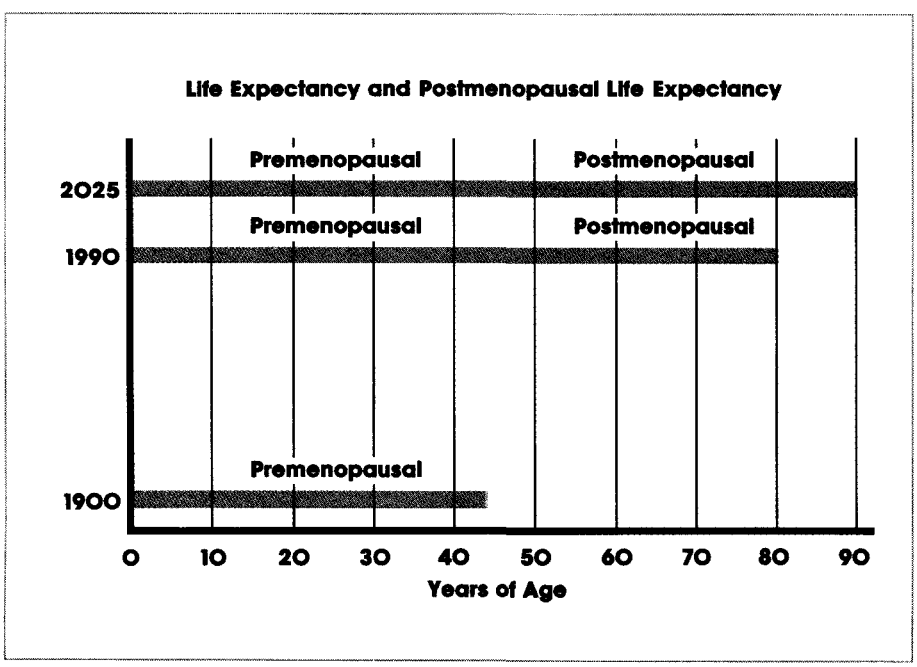
Dr. SerVaas: Could you tell us about the history of estrogen replacement?

Dr. Fillit: The history of estrogen replacement therapy goes back some time. The Nobel prize was awarded for the discovery of estrogen as the hormone of female function in 1929. It wasn't until the 1950s that estrogens began to be administered to patients in the general community for menopausal symptoms such as hot flashes, vaginal atrophy, and urogenital symptoms. Estrogen was also used for mental symptoms because it was thought that estrogens had a mental tonic effect for symptoms such as depression, lability, anxiety, and memory loss associated with menopause. This led to the widespread use of unopposed estrogens [see below] during the 1960s. Many women received estrogens for menopausal symptoms from their doctors; however, during the 1960s the regimen prescribed for estrogen was what we call unopposed, meaning that we gave only estrogens to women for 30 days of every month and did not employ progesterone therapy in addition to the estrogen. This did not mimic the natural cycle of the normal female during her menstrual phases. Consequently, as a result of the widespread use of unopposed estrogens without the progesterone during the 1960s, it was recognized in the early 1970s that there was an association between unopposed estrogen replacement therapy and the incidence of endometrial or uterine cancer. This led, in 1975, to what we now call the "cancer scare" associated with unopposed estrogen therapy.

At this time, I think many women are really afraid to take estrogens. And, in some ways, that's justified historically. Prior to 1975, estrogens were given without progesterone in the preponderance of cases. Giving estrogens without progesterone does not allow the normal uterus to shed hyperplastic cells. Consequently, these cells tend to build up, and this predisposes a woman to the development of uterine cancer. Furthermore, it's not a physiologic manner in which to replace estrogens and female hormones because it doesn't mimic the premenopausal state. Since 1975 we have learned a great deal about how to give estrogen replacement therapy. We now know that the correct way is to mimic the way the female hormones are secreted in the premenopausal woman. That is, there are estrogens throughout the cycle, but in the second half of the cycle there's progesterone. This helps to shed the uterine cells every month and prevents the development of uterine cancer. Indeed, recent data from investigators around the country suggest that in the postmenopausal woman who does not have most of her own estrogens, replacement of estrogens with progesterone may actually prevent the development of uterine cancer. This is especially true when compared to the use of unopposed estrogens and possibly even compared to the use of no estrogens at all.

Dr. SerVaas: What about breast cancers during the cancer scare? Was there ever a case where a woman developed an estrogen-dependent breast cancer that could have been caused by the birth-control pill or by a supplemental estrogen?

Dr. Fillit: Well, I think that the relationship between estrogen replacement therapy and breast cancer is not clear. There was a recent study in the



Life beyond the reproductive years was a rarity for women in 1900. Modern women, however, who will live a third of their lives in the postmenopausal period, will be exposed to long-term consequences of survival without estrogen, possibly including Alzheimer's disease, osteoporosis, and heart disease.

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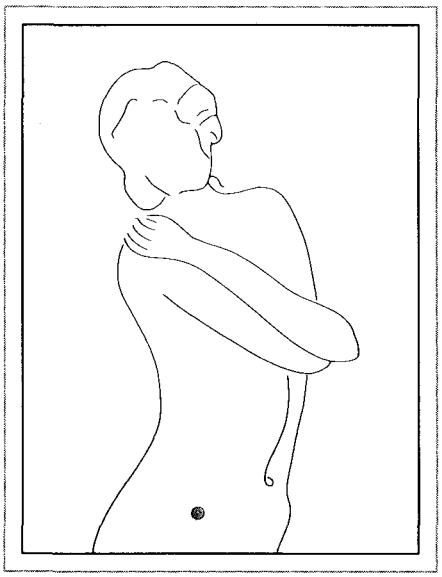
New England Journal of Medicine which indicated that the use of oral birth-control pills is probably not related to the development of breast cancer. You're right, in that some breast cancer is estrogen responsive. And there certainly could be a relationship that we don't exactly understand between estrogen and breast cancer. I think the real question is: What is the relationship between estrogen replacement therapy in the postmenopausal woman and breast cancer? Although we don't have all the data in this situation, it does seem that estrogen replacement therapy including progesterone at least does not lead to an increased incidence of breast cancer and, again, may actually prevent the development of breast cancer. However, these data are preliminary, and I think it will take years to actually work all of this out. I like to think of estrogen replacement therapy in the postmenopausal woman as replacing a hormone in a physiologic manner. Therefore, I think when it's done properly, it simply mimics the premenopausal state, and although we need to be very much concerned about side effects such as cancer, much of the scare that resulted from the improper use of estrogens [without progesterone] has since been very much reduced.

Dr. SerVaas: Could you tell us about your research project at Rockefeller University?

Dr. Fillit: Yes. Our primary interest is really in the effect of estrogens on the brain, and what we're really interested in is whether the symptoms of depression—emotional lability or mood swings, anxiety, memory loss, and difficulty concentrating—which occur at the time of menopause might indeed be due to lack of estrogens resulting from menopause. Research at Rockefeller and elsewhere is beginning to indicate that there really is a biologic basis for the difference between men and women and the way they think and the way they feel.

Dr. SerVaas: What about your experiment here?

Dr. Fillit: We are recruiting postmenopausal women with Alzheimer's disease to look at estrogen levels in their blood and do other psychologic tests. In addition, we're hoping to initiate a trial of estrogen replacement therapy for postmenopausal women with Alzheimer's disease.



The estrogen transdermal patch is worn preferably on the abdomen and is changed twice a week.

Dr. SerVaas: Did you say that possibly in the future we'll find that most postmenopausal women would do better with estrogen replacement?

Dr. Fillit: I think the current recommendation is that in evaluating the risk-to-benefit ratio of getting this drug, many more women will benefit from estrogen replacement therapy with fewer risks. In the long-term use of estrogen replacement therapy for postmenopausal women, the main indication at this time would be prevention of osteoporosis. In association with calcium supplementation, estrogen replacement therapy can prevent the development of osteoporosis. The data indicate that calcium alone does not prevent development of osteoporosis in postmenopausal women. This is an important benefit, because osteoporosis can lead to serious illness and even death in postmenopausal women. The development of vertebral fractures which lead to loss of height and the typical bent-over, frail elderly woman is a serious consequence of long-term estrogen deficiency. Many of you know about the effects of hip fracture as a result of osteoporosis. The data indicate that the risk of developing uterine cancer as a result of estrogen replacement therapy is somewhere around 1 in 20,000 after years of estrogen replacement therapy. In contrast, the risk of death from a plane flight may be 1 in 10,000. However, in elderly women who suffer hip fractures from osteoporosis, the risk of death is somewhere around 1 in 60. Furthermore, even in women who may develop uterine cancer due to estrogen replacement therapy, with careful and appropriate monitoring, 90 percent of those cancers are entirely curable by hysterectomy. It's this kind of evaluation which leads us to say that the risk-to-benefit ratio of estrogen therapy is favorable and the long-term consequences of postmenopausal estrogen deficiency probably warrant the use of estrogen replacement. Whether new indications such as the prevention of heart disease will develop for estrogen replacement therapy in the postmenopausal woman remains to be seen. At this time, the data do look encouraging.

Dr. SerVaas: And you do have some data that women who have Alzheimer's have lower estrogen levels?

Dr. Fillit: Yes, we have some preliminary data to indicate that [such] postmenopausal women whose average age is their late 70s do have lower estrogen levels in their blood compared to an age- and weight-matched controlled population of postmenopausal women.

Dr. SerVaas: Do you think, Dr. Fillit, that at some future time, we may be able to detect a little boy whose testosterone isn't the right level, right at birth perhaps, and prevent this child from growing up to be a homosexually oriented person?

Dr. Fillit: That's a very good question, and in fact a lot of that work has already been done. There are a number of congenital, genetic abnormalities that lead to altered levels of estrogen and testosterone. Without going into the real details of the endocrinology of the abnormalities, there are syndromes in which males have low levels of testosterone during their fetal development. These males at birth and during their lives have been shown to have fewer male-type characteristics—aggressiveness, rough-and-tumble play, mathematical and spatial abilities—and instead have female-type characteristics.

Recent studies in children less than two years old demonstrate that little boys are in fact different from little girls, which for many of us has been obvious for a long time. I don't think many of us had thought that the reason little boys behave differently from little girls is because little boys have testosterone, which influences their male brain development, and lit-

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tle girls have estrogens, which causes their brains, not just their bodies, to develop differently.

There are syndromes where we have a male sexual gender but because of various biochemical abnormalities, the levels of testosterone or the response of the cells to testosterone may be abnormal. And in this case, psychologic studies have shown that these males tend to have less-prominent male psychologic characteristics. However, I think it is not fair at this time to say that we have any idea whether homosexuality in adults is related to abnormal development of the brain. It is an interesting possibility that homosexuality in adults could be related to a different way of brain development according to gender. We often hear homosexuals say, "When I turned 13, I realized that I was homosexual and there was nothing I could do about it." I think this suggests that there is a biologic basis to the sexual behavior of homosexuals that we might discover in the future and which will help us to understand homosexuality.

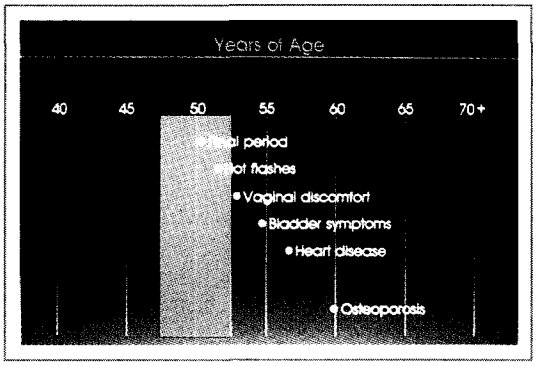
In any case these kinds of studies illustrate how important sex hormones may be on the development of the human brain; therefore, loss of estrogen could have significant implications for female brain function.

Dr. SerVaas: There's probably a lot of confusion among our readers at this time, understandably, about estrogen replacement. What are the indications that estrogen is needed?

Dr. Fillit: I would like to separate the indications for estrogen replacement therapy into two: The indications for the relatively acute menopausal syndromes—such as hot flashes and vaginal atrophy—and those for urogenital symptoms—such as urethritis, not of a bacterial nature.

Dr. SerVaas: Now, that would be temporary, during the menopause?

Dr. Fillit: Yes, although many people don't realize that hot flashes can persist for up to ten years after the menopause, and we do know that about 80 percent of women do suffer hot flashes. Hot flashes have been proven to be a very real physiologic phenomenon which we think is related to an abnormality in the brain. Hot flushes, or hot flashes—the words are interchangeable—are really due to the direct effect of the loss of estrogens on the temperature-regulation control center of the brain. And so hot flashes are very real, very disturbing events, which can occur as frequently as ten times an hour throughout the day. Because they happen throughout sleep, the woman has her sleep disturbed; she doesn't get a full night's sleep. Obviously, life can become almost unbearable for some women with hot flashes.



Postmenopausal syndrome caused by absence of estrogen may lead to serious problems. Oral estrogen replacement may help, but it also may cause such side effects as hypertension, hyperlipemia (excessive fat in the blood), gall-bladder disease, and possibly blood clots. Dr. Fillit believes many of these side effects may be avoided with low-dose estrogen patches that reach target organs while avoiding passage through the gastrointestinal tract and initial breakdown in the liver.

Estrogen in appropriate doses essentially cures hot flashes, which in some women are a very serious, debilitating effect of the menopause. Vaginal atrophy can also be a serious effect of the menopause, although I think we're ashamed to talk about this. Certainly women don't like to complain of painful intercourse or vaginal itching to their general practitioner. But certainly, painful intercourse can impact on the quality of life for a menopausal woman. This is unnecessary when one considers that estrogen replacement therapy can completely cure the problems of vaginal atrophy and dryness associated with menopause.

Dr. SerVaas: Wouldn't vaginal atrophy get worse the older a woman gets?

Dr. Fillit: Yes. When I say vaginal atrophy, what we're really talking about is that the epithelial cells that make the secretions that lubricate the vagina actually dry up. It's not so much that the vagina gets smaller, it's really that the epithelium of the vagina atrophies, causing a lack of the secretions which lubricate the vagina during intercourse.

Dr. SerVaas: Can that be reversed after replacement therapy?

Dr. Fillit: Completely. The vaginal problems are almost completely reversed by the application of estrogens.

Let me say also that there are other ways to treat vaginal atrophy besides estrogen replacement therapy. For example, the physician can counsel the woman to use lubrication. In evaluating the overall risk-to-benefit ratio for deciding whether a woman should be on estrogens, it may be that a woman who only has some vaginal atrophy can just use some kind of lubricant and would not require estrogen replacement.

In terms of the long-term consequences of estrogen deficiency in the postmenopausal period, the primary one we are dealing with now is osteoporosis. This appears to be very much related to the deficiency of estrogens, which probably causes a poor absorption of calcium and the inability of the body to put calcium into bone. Just taking calcium alone does not prevent the progression of osteoporosis. It seems that the main reason why osteoporosis progresses is very much related to the loss of estrogens at the time of menopause. There are a number of other risk factors, some related to estrogen deficiency. For example, smoking causes a lowering of blood levels of estrogen, placing women who smoke at risk for osteoporosis. Lack of exercise is also a risk factor for osteoporosis. White and Oriental women are at higher risk than are black women; women who have never

continued on page 110

We hope all menopausal and postmenopausal readers will complete the survey on the opposite page. This survey is to determine how prevalent the psychological problems of menopause are and what their relationship is to hot flashes and sleep disorders. The answers will be put into a computer and analyzed at Rockefeller University. Names and other personal information will be kept in strictest confidence. Your willingness to participate will help discover better ways of treating the very real problems that some women suffer during and after menopause.

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MENOPAUSAL AND POSTMENOPAUSAL
Women's Survey

Name _____ Height_____ Weight_____ Age____ Race_____
Address _____ Phone no. _____
City _____ State _____ Zip_____

1. Are you postmenopausal? Yes_____ No_____
   a. When was your last menstrual period? _____

2. Are you menopausal? Yes_____ No_____
   a. How many periods have you had during the past year? _____
   b. Did you have a surgically induced menopause as a result of having both ovaries removed?
      Yes_____ No_____

3. During your menopause, do you or did you suffer from any of the following symptoms:
   a. Unexplained changes in your cognitive abilities, such as:
      Memory loss? Yes____ No____
      Difficulty paying attention? Yes____ No____
      Difficulty concentrating? Yes____ No____
   b. Unexplained changes in your mood, such as:
      Depression? Yes____ No____
      Irritability? Yes____ No____
      Anxiety? Yes____ No____
   c. Difficulty sleeping? Yes____ No____

4. If during your menopause you had the symptoms referred to in question 3, did these difficulties continue_____ or disappear_____ as the menopause resolved itself?
   How long did these symptoms last? _____ months _____ years

5. If you are postmenopausal, do you still have any of the symptoms referred to in question 3?
   Yes____ No____

6. Have you had hot flashes? Yes_____ No_____ Did they wake you up at night? Yes_____ No_____
   Have you had hot flashes within the last month? Yes_____ No_____

7. Have you ever taken estrogen for menopausal or postmenopausal symptoms? Yes_____ No_____
   a. Can you state the medication, dose, and duration (in months or years)? _____
      _____
   b. During the time you were taking estrogen, did any of these symptoms improve:
      Hot flashes? Yes_____ No_____ Sleep disturbances? Yes_____ No_____
      Unexplained mood changes, such as:
      Depression? Yes____ No____ Irritability? Yes____ No____ Anxiety? Yes____ No____
      Unexplained cognitive changes, such as:
      Memory loss? Yes____ No____ Difficulty paying attention? Yes____ No____
      Difficulty concentrating? Yes____ No____
   c. Did you require other medicines such as antidepressants or tranquilizers during the menopause? Yes____ No____
   d. Did you require psychotherapy? Yes____ No____

8. If you are postmenopausal, are you taking estrogen for:
   a. Prevention of osteoporosis? Yes____ No____ b. Hot flashes? Yes____ No____
   c. Mood disturbances? Yes____ No____ d. Painful intercourse or vaginitis? Yes____ No____
   e. Urinary symptoms: Urinary incontinence? Yes____ No____
      Painful urination? Yes____ No____ Frequent urination? Yes____ No____

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9. Do you plan to take estrogen for *long-term* replacement therapy to:
   a. Prevent osteoporosis? Yes_____ No_____
   b. Prevent cardiovascular disease (strokes and heart attacks)? Yes_____ No_____

10. Do you have osteoporosis? Yes_____ No_____ Have you lost height? Yes_____ No_____

11. At what age did you first notice loss in height? _____ What was your height at age 25? _____

12. Have you suffered from fractures of your vertebrae? Yes_____ No_____
    Lower spine_____ Upper spine_____ At what age? _____

13. Have you suffered a broken hip? Yes_____ No_____
    Other bone fractures? Yes_____ No_____ At what age? _____

Fold here first

Name _____

Address _____

City/State _____

Zip Code _____

(Attach subscriber address label here if available.)

Place Stamp Here

Women's Health Survey
The Saturday Evening Post Society
1100 Waterway Boulevard
Indianapolis, IN 46202

Fold here last

- ★ CALCIUM AND ESTROGEN DEFICIENCIES
- ★ CIGARETTE SMOKING
- ★ POSTMENOPAUSAL WHITE FEMALES
- ★ EXCESSIVE ALCOHOL CONSUMPTION
- ★ PROLONGED INACTIVITY
- ★ CHILDLESS WOMEN

Staple or tape here

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XMAS X-CESS

"Would I be considered a kill-joy if I said this is getting a bit ridiculous?"

"I assume there's a tree under there somewhere?"

"There must be a Santa Claus—nobody could afford all this!"

"My dad's convinced Santa's a liberal Democrat!"

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THE CHRISTMAS VISITATION

In making his final decision, the old judge decided not to follow the book; after all, he was retiring and this was nearly Christmas Eve.

by Gerald R. Toner

Judge John Patrick O'Brien watched the December sky grow more diffusely yellow and orange, as gray, snow-saturated clouds gathered from the west. The long afternoon was ending. It was John O'Brien's last active day as judge of the Tenth Division Circuit Court, the last day he would watch the daylight disappear through the large double-insulated windows that spanned his office in the new Hall of Justice. That view was the only aspect of the new courthouse he enjoyed.

It had been ten years since Judge O'Brien had made the move over from the old courthouse across the street. He had surrendered an office in which a future justice of the Supreme Court and a former U.S. senator had once grappled with the judicial issues of their day. Moreover, the office had thick oak paneling, a brass chandelier, and most memorably, a green leather couch his father had given him when he took the bench in 1955. The couch had been sacrificed when he was assigned the pristine 9'x12' cubicle in the Hall of Justice. Perhaps with the couch, an era had passed for Judge O'Brien. The ten years after the move had marked a gradual slide in his judicial career, culminating in an election defeat the month before.

And yet this Friday before the Christmas weekend the recollection of his old green couch prompted fonder memories of when O'Brien was the youngest, not the oldest, circuit judge in the Commonwealth of Kentucky. His father had proudly supervised the men from Stewart's Department Store as they maneuvered the unwieldy Chesterfield around the walnut newel posts of the old courthouse stairs. Huffing and puffing, the movers left the two standing alone together on that bright, crisp day in January, unashamedly basking in the unspoken love of father and son.

As O'Brien's mind wandered back to the present, he could feel the temperature dropping inside his office to match the cold front outside. The gray of the sky overtook the last hint of daylight as the judge's banjo clock struck five. O'Brien lifted his legs from his desk and lowered them to the floor. They were swollen more often now and tended to ache or fall asleep after a few moments. O'Brien looked at his calendar and ran his right index finger carefully down the December dates until he arrived at Friday the 23rd. After the election he had determined to rest more often than not, take a full three weeks' vacation during Christmas, and simply not come back before his opponent took office.

The one exception to the above plan had been Dr. Grant's malpractice trial, which was to have begun in late November. Judge O'Brien had intended it to be his judicial swan song. He had ordered pretrial briefs, researched the law more thoroughly than he had in several years, and held pretrial conferences on his own motion. Unwittingly, he had thus forced the litigants to come to their senses before trial. His diligence had compelled them to settle the case. Nothing of any serious merit had arisen since that time.

O'Brien read the caption *Little* v. *Little* on his calendar. He was taken aback. That case had concluded six months before. Or had it? He remembered signing the final order. Or had he? He also remembered the subtle charges of his young opponent during the election. She said he was losing his edge. Admittedly, he tired more easily at 65 and dozed a little during the more boring cases, but certainly his mind was still sharp. He wrote few of his own decisions any more, and his temper was somewhat shorter with attorneys who would not take "no" for an answer, but surely his memory was not failing. *Little* v. *Little* had concluded. He pushed the buzzer on his phone. There was no answer. Then he remembered that his clerk and his secretary had both left for the bar association's Christmas party. He would be there soon, he hoped, or miss his last chance to pat backs and shake hands with his more loyal supporters.

"Clarence," Judge O'Brien called out toward the hallway. There was a gentle rap at the door as Clarence responded. "Come in, Clarence." The sheriff of the tenth division had been with O'Brien for nearly as long as O'Brien had been on the bench.

"Why do I have *Little* v. *Little* on my book for this afternoon? Why do I have anything on my calendar for this afternoon? We should both be at the Foundation Building sipping eggnog."

"Well, Your Honor, Peggy scheduled the hearing at Monday motion hour. It's a Christmas-visitation question."

"Good grief," O'Brien muttered in disgust. "She should have known better than that. She knows how I've always hated these family questions . . .no law. . .flip a coin. . .everyone leaves angry."

"Well, Judge, if you please, I was talking to the boy's grandma out in the courtroom. She and the boy got here early. And according to her—"

"Clarence, you know I'm not supposed to listen to ex parte discussions."

"You're right, Judge."

"Well, never mind. You were saying that she told you—"

"She told me the boy's been with her for a couple of weeks now. Seems her son, the boy's daddy, travels a lot and so does the boy's mother, and now they both want the boy for Christmas."

"O.K., I probably shouldn't listen to any more before we go out in the courtroom." O'Brien paused. "Does the boy appear to be abused?" Always inquire, the judge had been taught. A "yes" might allow him to refer the case to child services and get him out of the courthouse before 5:30.

"No. His grandma's been treating

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him fine, and I suspect his mom and dad love him a lot, so he's O.K."

"Oh," O'Brien said, sighing, rising slowly from his chair, and straightening his back. "Let's get on with it, then." O'Brien walked stiffly to the peg behind his office door and reached for the black robe he had worn for the past 30 years. By second nature Clarence helped him with the robe, neither man realizing at that point it was a ritual not to be repeated.

O'Brien moved out into the hallway, now dark and deserted, and raised his robe slightly. He leaned over the water fountain and took three quick swallows to remove the cottony feeling from his mouth. "O.K., Clarence, let's go." Both men paused for a moment, now cognizant of an era's ending.

Clarence smiled, then swung open the door and strode into the courtroom. "All rise. Hear ye, hear ye. Silence is commanded. Judge John Patrick O'Brien of the Jefferson Circuit Court, Tenth Division, is now presiding. All ye who have motions to be heard shall be heard. Be seated and remain silent."

Judge O'Brien walked forcefully into the courtroom and stepped up to the bench. A file sat unopened in front of him. He looked up and briefly greeted the parties and their counsel. There was no need to delve very deeply into the contents of the file, present more for security than for any real purpose. Judge O'Brien vaguely remembered Mr. and Mrs. Little and their attorneys, Mr. Stall and Mr. Noll. In the back of the courtroom sat a little boy, maybe nine or ten—it was the first time he had actually seen the Little's child, now huddled closely to an older woman. He supposed she was his grandmother, and he was surprised that she looked older than O'Brien felt. His eyes reverted to the file in front of him, and he skimmed the motion of the mother's attorney.

"Mr. Stall," O'Brien began. "Your motion to change Christmas visitation is before the court. Could you please familiarize the court briefly with the facts and basis for your motion." O'Brien surprised himself with the apparent solemnity of his demeanor.

Stall stood up and cleared his throat. He glanced nervously at the sheriff, then the opposing counsel, and at last the judge. He and Mr. Noll both realized they were before the wrong judge on the wrong day at the wrong hour of the afternoon.

"If the court please, Your Honor. We will try to be brief, knowing that we all want to get home on this Friday before Christmas." Stall paused. He was never brief and often irrelevant. "As you may recall, my client, Mrs. Little, was granted custody of her ten-year-old son, Patrick, in the decree you entered earlier this year." O'Brien's eyes softened. He had never known the boy's name was Patrick. "The visitation agreement reached between the parties and the court provided that the boy spend Thanksgiving from Wednesday through Sunday with his mother and that he spend Christmas from December 21 through December 26 with his father. Well, it seems that his mother. . .uh, Mrs. Little. . .had a business engagement in California. . ." Stall cleared his throat a second time. O'Brien was amazed at the manner in which Stall always cleared his throat just before making a slight misstatement of fact. ". . .over Thanksgiving weekend. So she obtained a trade-off with Mr. Little for Christmas."

"She went skiing and dumped him on me," Mr. Little mumbled loudly.

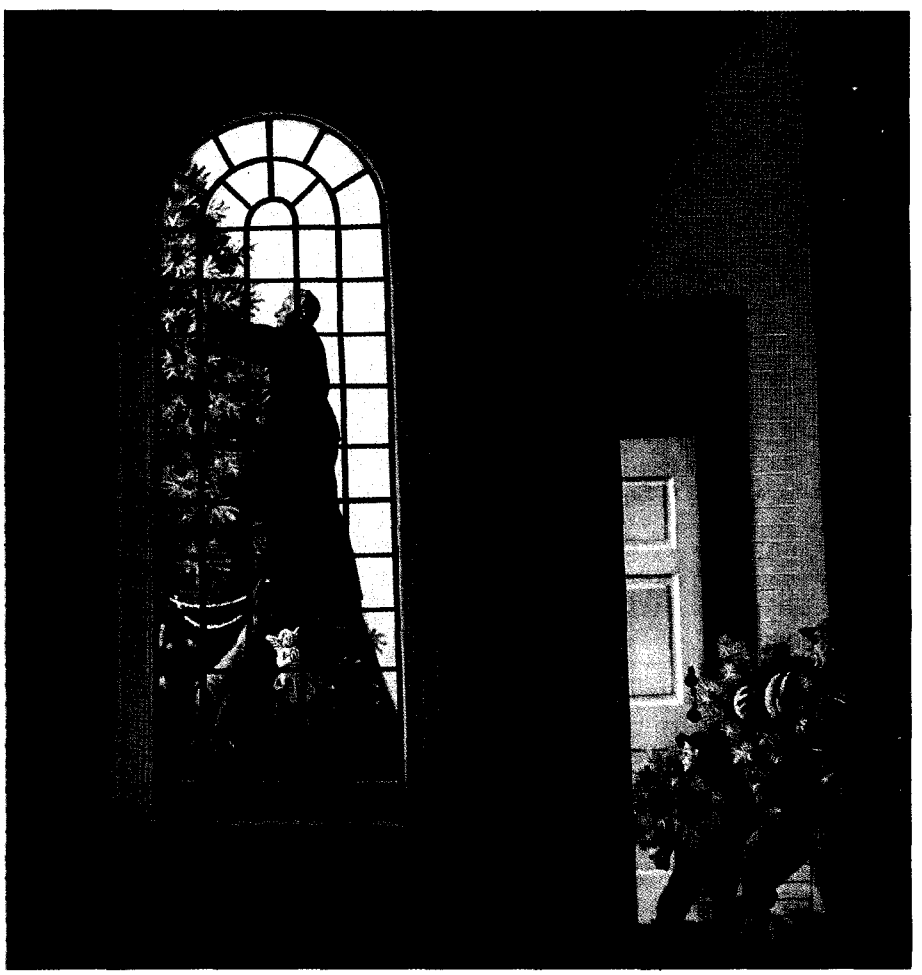
O'Brien cracked his gavel. "Mr. Noll, you will please advise your client to remain silent until the court asks him a question and to otherwise address the court through counsel."

"Yes, of course, Your Honor. We're sorry," Noll explained, with a withering glance at Mr. Little.

Stall continued. "The boy—Patrick—has been with his father's mother for the past two weeks, and in the interests of the child, it would seem advisable for him to spend Christmas with his mother, the custodial parent."

O'Brien looked around him as Stall sat down. In the old courtroom the ceilings had been 20 feet high with 14-inch crown moldings, and the plaster walls were adorned with portraits of the commonwealth's past circuit judges. The new courtroom had 8-foot ceilings, with recessed fluorescent lighting and concrete walls, much like a prison's.

Judge John Patrick O'Brien gazed



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at the back of the courtroom. He rubbed his chin and struck a pose that made him appear to be deep in thought and contemplating the question before him. It was an acquired skill. Then something—the boy's squirming or the pained expression on the old woman's face—caught his attention. O'Brien suddenly knew his decision would make a difference, and it made him all the more uncomfortable.

After clearing his throat and adjusting his horn-rimmed glasses, Judge O'Brien looked to the tables of both counsel. Fully aware of the answer to his question, O'Brien asked, "Who are the visitors at the back of the courtroom?"

Noll stood up. "Your Honor, that's the boy and his grandmother, Mr. Little's mother. If you would like, we can have them leave the room."

"Mr. Stall, would you prefer that they leave the courtroom?"

"Well, no, Your Honor, but perhaps it would be better if—"

"Very good. Well, if there are no objections, then the court will ask them to stay."

Noll stood up and began to speak. "Just a minute, counselor," O'Brien interrupted. "Please introduce our visitors to the court. Better still—Mrs. Little, would you and your grandson please come down a few rows?"

"I understand Patrick's been with you for a few weeks, Mrs. Little?" O'Brien continued after the two had chosen closer seats.

The older woman stood up. "Yes, Your Honor. I live close to his school and I'm retired now, so Patrick and I can play when school's over." She stopped, embarrassed she had begun to talk so much.

"What have you been doing to get ready for Christmas, Patrick?"

"Oh, buying presents, and fixing the tree, and making bread and stuff with grandma."

"Uh-huh. . .that's nice, Patrick," Judge O'Brien said, smiling. "You-all please sit down now. Mr. Stall, where will your client and her son be going for the Christmas holiday?"

Stall beamed, certain now of a quick victory. "Perhaps Mrs. Little might best inform the court—"

"Yes, that would be fine. Mrs. Little?"

"Well, Your Honor, I have a friend in New York. Patrick and I were going there."

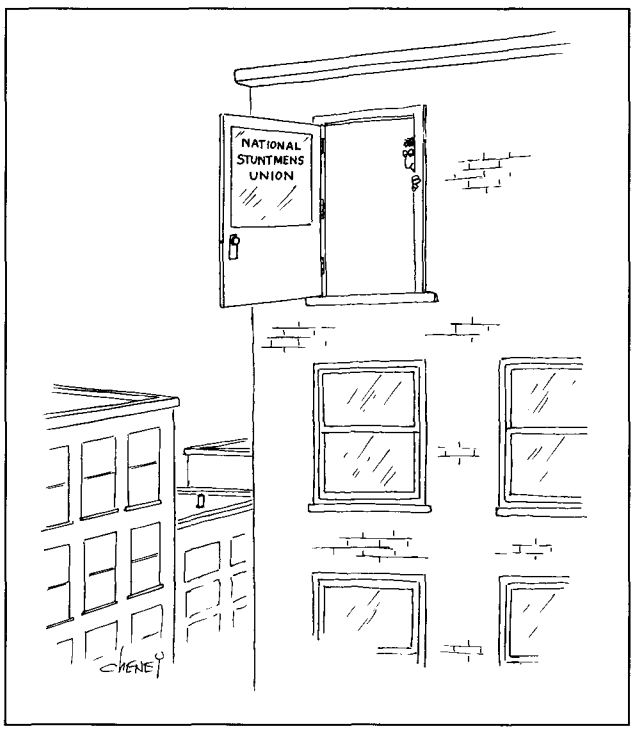
"And *he* lives in Manhattan?" the judge posed.

"Yes, well, he has a very nice town house that overlooks Central Park."

"I see. . .Mr. Little. . .you are. . . uh—"

Noll stood up for his client. "Your Honor."

"Mr. Noll, please, if you don't mind. We can speak informally. Mr. Little should feel free to tell me his plans."



Little stood up. "Well, Your Honor. . .I have an apartment here in town. I'll probably be staying here. Have some friends over."

The courtroom was silent. O'Brien smiled. Now he remembered the Littles. Mr. Little was a stockbroker. Mrs. Little's family had some money. Their divorce had been full of spite and bickering. They had both contributed to the judge's campaigns through the years.

"Mrs. Little. . . ." The petitioner stood up. "No, I'm sorry. I mean Mr. Little's mother." The old woman stood up slowly. "And where do you live?"

"German Hill, Your Honor. State Street."

O'Brien knew the neighborhood well. It was old, rough, and working class.

"And where does the boy. . . Patrick. . .go to school?"

Stall rose. "He's been attending classes at Country Day Elementary."

"And?"

"Well, Mrs. Little is contemplating a move out of town after the first of the year."

"Yes. . . ." O'Brien said quietly.

He glanced at the clock on the wall. It was past 5:30. The party was almost over. In an hour O'Brien's daughter and family would be getting into town from Atlanta. Their visits were the only time the old house ever seemed full any more. O'Brien needed to reach a decision. A finding for either litigant would quickly resolve things—the anger would simply carry over to another judge, another day, another dispute.

"Well, Mr. Stall, I have to recognize that your client is the custodial parent. She is the boy's mother. Certainly, visitation is merely a privilege Mr. Little enjoys."

"Thank you, Your Honor," Stall said with a smile.

The judge ran his hand back through his hair and pressed his glasses off his nose and against his temple.

"On the other hand, Mr. Little has certain parental rights. . .Christmas was scheduled as his time."

O'Brien paused for a moment. Suddenly and for no particular reason he realized this would be his last decision on the bench. It would not be the type of legal analysis that had once been his pride. Training at the state university and Harvard Law School had not prepared him for a decision so arbitrary. A flip of a coin could be made by anyone.

"Mr. Little," O'Brien again addressed the litigant directly. "Have you a Christmas tree in your apartment?"

Little turned and looked at his lawyer. Noll looked back at him helplessly.

"Mr. Little?" O'Brien repeated.

"Well, no. Frankly, his mother

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and I both believe that Patrick's getting a little too old. . .well, he's sufficiently mature. . .that it doesn't . . .or isn't necessary—"

Judge O'Brien interrupted. "Please, Mr. Little, I was just curious. The court is instructed by statute to be aware of and consider foremost the interests of the child. This alone certainly doesn't determine whether you or your former wife would best provide for the child's well-being at Christmas.

"Mrs. Little," O'Brien continued, "have you social plans for Christmas Eve, and if so, will you be able to make adequate sitter arrangements?"

"Yes, Your Honor. Patrick's sitter will be a very bright girl—my friend's oldest daughter."

"Thank you, Mrs. Little. I'm sure the arrangements will be adequate." Judge O'Brien stood up abruptly. "The court will take a very brief recess. Please remain in the courtroom."

The judge raised his robes and walked with uncommon speed out of the courtroom. He stepped into the back hall, felt the sweat on his upper lip, leaned over the drinking fountain, and took the water in gulps.

"What are you going to do, Judge?"

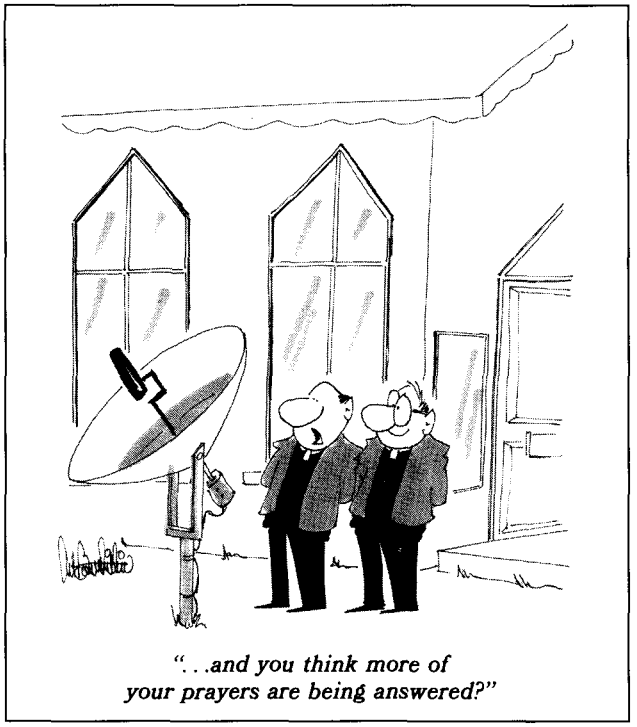
O'Brien started. It was Clarence, standing with folded hands by his side. The two of them were undoubtedly the only representatives of the state remaining in the Hall of Justice.

"I don't know, Clarence. Decisions like this shouldn't be made by judges. The law tells me I have two choices—father or mother—and neither will help that boy very much. Not that they're bad parents, really. They're just a little selfish and still very angry at each other." He paused. "I hate this part of it."

"The boy's happy with his grandma, Judge," Clarence said. "I saw them outside together before the hearing. They were playing and cutting up and hugging and kissing each other."

"Clarence, I'm sure you're right. I can see that too. But I have no legal right to do anything except choose between the parents. Besides, she's Mr. Little's mother. Like it or not, he'd have the boy in minutes."

They stood in helpless silence together. The judge had no ready solution. Without pretension of form or legal precedent, he simply wanted a just result. Reversal by the court of appeals would no longer mean anything—he would be out of office. Simply following "the book" was neither possible—since the decision between mother and father lay simply within his judicial discretion—nor desirable. This was how his career would end: on a Friday before Christmas and trapped within a decision that could offer no legal swan song or newspaper headline.



". . .and you think more of your prayers are being answered?"

The judge suddenly pictured his final trip from the courthouse. He could imagine the snow that must now be falling outside his window and gradually making the downtown streets more treacherous and desolate. And he could see the lonely, winding way up to the rambling Victorian house he had inherited from his father. An image—brief, yet piercing—of his father at Christmas, posed before the tree where it always stood and holding out his arms, said, *"Patrick O'Brien, you rascal, come here."*

The old judge twisted his head away from Clarence, overcome for a moment with his memory.

He felt a nudge on his sleeve. "Come on, Judge. You'll do the right thing. You always have." Clarence started to move away.

"Do you mean that?" O'Brien asked.

"Why, sure I do, Your Honor. Everybody knows that."

Judge O'Brien was stunned. Clarence was sincere. A feeling that had left the judge long before the last election now began to edge its way back into his consciousness. O'Brien had once felt he made the "right" decisions. Perhaps, even after his own confidence had waned, his decisions had remained sound.

"Come on, Clarence, let's get on with this and get home," O'Brien said as he stood up straight. He reached for the door and grasped the brass bar tightly. "Let's see if we can bring some justice to light."

Judge O'Brien quickly took the bench and brought the gavel down. "Court is in session." Clarence grinned. Old memories flashed.

"Would Mr. Little's mother please step forward?"

The old woman looked at the little boy, who moved over suddenly to her and hugged her tightly.

"I'll be all right," O'Brien heard her whisper. She came to the front of the courtroom.

"Mrs. Little, are you married?"

"Widowed, Your Honor."

"How often have you seen Patrick in the past three years?"

"Oh, Your Honor, Patrick's been with me quite a bit—several times a week."

"And steadily for the past two weeks?"

"Yes, Your Honor."

"Please take a seat, Mrs. Little."

O'Brien folded his hands and looked squarely at the parties and their lawyers. "The court has heard the evidence and considered the file. Under ordinary circumstances the court must find for the boy's mother." Stall grinned as the judge paused. His grin eroded as O'Brien continued. "But these are not ordinary circumstances." Noll began to

continued on page 103

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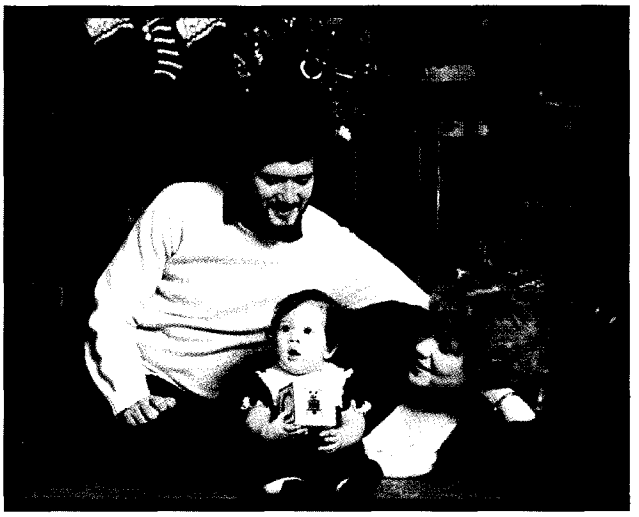
OH, SAY, CAN SHE SING!

Sandi Patti's star-spangled banner year has boasted an SRO concert tour, a second Grammy Award, and a Liberty concert that lit up the switchboard at ABC-TV.

by Holly G. Miller

When Sandi Patti's winter tour grinds to a halt in Jackson, Mississippi, on December 12, gospel music's reigning queen will head north to regroup, recoup, and rejoice. Her star status will be shed quickly—as soon as she leaves the stage and scoops up her toddler, Anna Elizabeth—and she'll slip easily into the less frenzied role of Mrs. John Helvering for the holidays. But 1986 will long be remembered. As the song says, it was a *very* good year. . .a star-spangled banner year.



Christmas is a three-stocking affair: one for Patti, one for husband John, and a small one for daughter Anna Elizabeth.

The voice dubbed "The Voice" in gospel-music circles burst like a rocket onto the secular scene July 6 when film highlights of New York's "Liberty Weekend" flashed on the screen in montage-like fashion. The finale would sum up the Statue of Liberty festivities, and the logical choice for background music was our national anthem. Sandi's newly recorded version was chosen. But nobody told Sandi.

"It was the strangest feeling to be watching the celebration at home with my family and suddenly to hear myself singing on television," she recalls. "I had no idea that was going to happen. I was shocked, but pleasantly shocked."

So were thousands of viewers.

"Who was that voice?" asked the more than 1,000 callers who dialed the ABC-TV switchboard after the anthem.

"Her name is Sandi Patti," the newscaster Peter Jennings explained as he introduced the segment. "Somebody from ABC heard her tape of 'The Star-Spangled Banner' not too long ago, and we thought you would like to hear it, too."

The new rendition was a part of the official album of the Statue of Liberty-Ellis Island Foundation, entitled *They Come to America*. A & M Records had sent a cassette of the song to ABC in hopes that producers would use the music in their "Liberty" presentation. When a network employee listened to the cassette on his way home from work Friday, July 4, he realized it would be a perfect closing for the celebration. On Saturday, he played the song for the executive in charge of the final montage, and the decision was made to use it in the segment. Because of the holiday weekend, ABC was unable to notify Sandi in advance of the telecast.

Moved by the soaring version, Vice-President George Bush quickly extended an invitation to tea. Sandi sent regrets; she had already accepted Johnny Carson's offer to save a slot for her on the "Tonight" show on the same date. In the meantime, she was playing hostess to a network film crew, dispatched to her Indiana home to satisfy viewers' curiosity. The consensus of her expanding ranks of fans was, *Oh, say, can she sing*—now tell us more about the keeper of The Voice.

If she handled the spotlight deftly, it was because she's had years of experience. She may be a newcomer to prime-time programing, but she's a veteran performer with two Grammys, gold albums, and 13 Dove awards from the Gospel Music Association to her credit. Hardly a regular on the church-supper circuit, she plays 100-plus annual concerts; she is booked in such major halls as the Sun Dome in Tampa, the Greek Theater in Los Angeles, Radio City Music Hall in New York, and the Municipal Auditorium in San Antonio. Her solo album *Morning Like This* was the top-selling Christian LP in the country for most of 1986, and her album *More Than Wonderful* has sold more than a half-million copies.

Still, she clings to a down-home rather than uptown lifestyle, and she seems happily tethered to her base of operation in Anderson, Indiana. From a rambling, green colonial in a sleepy subdivision, Sandi, her husband-manager, John Helvering, and her daughter, Anna Elizabeth, slip in and out of town as they depart cross-country and around the world for a day here, a date there.

"Anna has no idea she was in England when she was three months old," Sandi says. "But I hope she knows she was with us. She doesn't realize she's traveled to Canada, the Rocky Mountains, and Arizona, but she knows she's been with us. It really doesn't matter what backstage she's visited or what dressing room she's spent time in. What's important is that she's been with her mom and dad, and she's been a part of what they do."

This upbeat attitude toward travel

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is a carry-over from Sandi's student days, when she joined her parents and her brothers in an active music ministry, an attitude strengthened when she launched her professional career in earnest as a backup singer for the Bill Gaither Trio. Sandi cites Gloria Gaither, the female third of the trio, as proof that motherhood, marriage, and career can mesh nicely, thank you. She's watched Gloria from the close range of a tour member and has marveled as Gloria successfully balanced her variety of roles.

"No one loves family like Gloria does," Sandi says. "This became especially meaningful to me when I knew I was going to have a child of my own. I'd ask her, 'How do you do this? How do you do that?' She told me over and over that family is more important than career, but there's a way to do both. She suggested that when John and I travel we take the baby with us for the first four or five years. Then, when Anna's old enough to go to school, we'll probably want to cut down on the touring and spend more time at home.

"Gloria said that in many ways our life still will be 'un-normal,' so we should plug into as many normal things as we can—Sunday school, youth groups, and all the activities that will prevent a child from growing up lopsided. Anna will have the kinds of experiences all kids deserve."

One of those experiences, of course, is a real family Christmas, celebrated at home with two sets of grandparents and lots of nieces and nephews on hand. Such are Sandi's memories of Christmases past, and she's determined to keep tradition intact for Anna.

"There was one year in particular I'll never forget," she recalls. "My dad was pastoring a church in Arizona, and my parents just didn't think we could afford to go all the way back to my grandparents' home in Oklahoma for the holidays. We were really disappointed, and the closer it got, the harder it was. So, a couple of days before Christmas my mom, dad, and we kids hopped in the car and drove to Oklahoma to surprise everybody. We arrived on Christmas Eve, tiptoed up to the porch, and sang 'Joy to the World.' My grandparents came running to the door with big tears in their eyes. Even though they hadn't expected us, the next morning there were presents for everyone under the tree."

She may look like the girl next door, but an out-of-this-world voice has taken Sandi to the top of the charts.

Though success has eliminated the Helverings' financial concerns, it has heaped new pressures on Sandi. Anyone in the spotlight is fair game for critics, and occasionally Sandi has to defend contemporary Christian music ("We need to share with people in a way they can understand, yet we've got to be sure the message stays the same," she says) and must explain her decision *not* to cross over into mainstream pop ("That just isn't something I'm willing to do").

Praise for Sandi far outweighs criticism, however, and her frequent trips home help keep both in balance. In addition to a phenomenal voice, Sandi's appeal includes her approachable personality and her insistence on being a part of the audience she serves. A lack of humility has never been her problem. Her mother makes sure of that.

"Nothing is more stabilizing than family, having them close around you," Sandi says. "Both John's parents and mine live close-by. So do all our brothers and sisters. Sometimes, out on the road, you have a tendency to think that it's reality. . .that everyone is supposed to wait on you and come at your beck and call. When I get home, the first thing mom asks is how my concerts went. Then she tells me to get in the kitchen and help with the dishes." ✖

Although her message may be heavy, it's driven home with a velvet hammer, and a concert seldom ends with less than a thunderous ovation.

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LOWELL DAVIS: OZARK ARTIST

With his wife, Charlie, he founded Foxfire Farm—his base for depicting animal life in paintings and sculptures.

by Maynard Good Stoddard

Synopsis

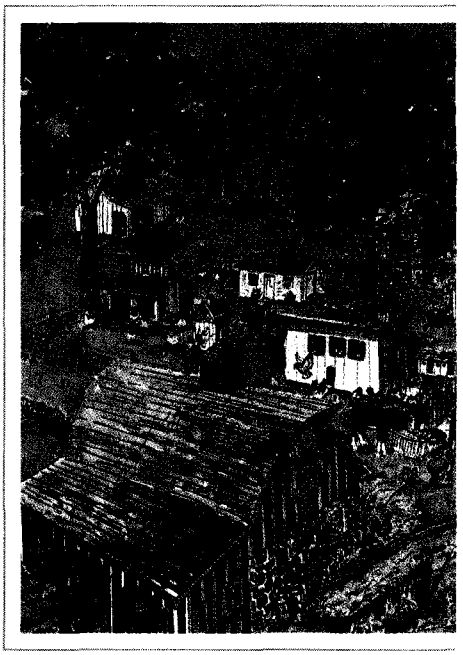
Lowell Davis was brought up on a farm in the '30s, "poor but we didn't know it." When his dad lost the farm, the family moved into the back of a country store. Here he would sit with the old-timers around the pot-bellied stove, listen to yarns, and learn to whittle.

Davis' creative ability led to a job as the art director of an advertising agency in Dallas, but his libertine life-style eventually cost him everything—job, wife, family, self-assurance—the works: "I was down there on the bottom, didn't know what direction to go—and I certainly wasn't thinking about religion," he says. "Are you sure you want to hear about this?" We're sure. . . .

This restored vintage Ford pickup chassis with living quarters, complete with wood-burning stove, is just one of the relics of the '30s at Foxfire Farm.

"Well, I went back to live with my parents for about six months. In a bad mood, depressed, my paintings were kaput. Then a friend called from Georgia about a big art show and said to come on down and talk to some people—it would cheer me up. So I went down, but it only made me feel sorry for myself. After two days my friend said, 'This isn't doing you any good; you'd better go back home.'

"On the plane going back I sat next to a girl, and we began talking. She lived in Tulsa and I lived in Carthage, and I began going to her home. Her parents were quite wealthy and had sent her to the best schools in New York, but they accepted me, had me over for dinner, said nothing about my being a divorced man and father of three kids. And there was something in that house that was really neat, but I couldn't put my finger on it. They would say grace and all this, and I knew they were religious, but I just thought that was all it was.



"One time I said to Charlie, now my wife, 'If I had what your parents have, I would still have my family, but what is it?' She said it was Jesus Christ. I said, 'Oh great, but that's not what it is.' However, it started me thinking. And the longer I kept going over there, the more I realized that that was really what it was."

Thus Lowell Davis is a born-again Christian as well as a born-again farmer. The 5-acre farm (now 40) he and Charlie took on was, like Hooker, the ugliest one in the county. "It was coming apart," he says, "weeds over our heads, windows in the house falling out. But I wanted a place where I could paint farm animals. Not that I thought there was a market for my work. I'd never seen anything like it in the galleries. I was going to do it for my own amusement. Then I soon realized I was onto something."

Davis, who had thought he'd find his market in states like Illinois, Nebraska, or Indiana, was surprised when his most successful shows took place in New York, Florida, and California. "I thought the buyers would be people raised on a farm," he says, "but instead they are people living in the city who would like to

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Reclaimed buildings and pre-industrial tools supply the background for many of the artist's paintings on his 40-acre spread.

live on a farm. They are young people who dream of moving to the country, and my work is their way of escape. And there's something about these that are collectable. People buy one or two and they're off—just like the Hummel collectors."

On our way to inspect Davis' '30ish Ford pickup chassis—with restored living quarters—that he drives to shows, we ask if he could make a living as a farmer without the support of his art. "You can't make it farming any more," he answers. "In fact, I don't think farming was ever meant to make money. It was meant to be a living in the country. But I would really like to try it, it's such a challenge."

Moving around the side of Davis' "Foxfire Farm" rig, we mount the single step into the luxurious if quaint quarters with sofa, kitchenette, wood-burning stove, candle lighting, and any number of handwrought details. "There are a lot of reasons why farmers are in big trouble today," this would-be farmer says as he shows off his handiwork. "I really respect the Amish. They have had it all together, while we have gotten away from the traditional things. If farmers had stayed the way of these beautiful people, they would have been all right. John Deere and all those big implement companies are part of it. Convenience is a big problem, you know. So are greed and ego. I think the farmer fell for them just like the city folks—the convenience and greed."

Hooker, the "dollar dog" Davis found at a shelter, the model mother for one of his paintings.

As we walk around the back of the rig, where a supply of stove wood is securely lashed behind the wrought-iron rail bordering the rear end, Davis rights a flowerpot that has come loose during his recent trip from a Chicago art show. "I've often tried to figure out what the key is that makes my things so popular," he says, perhaps thinking of his success in Chicago. "I really think it all boils down to the fact that people can see in them the life that we had at one time but have gotten away from. Back to the basics, I guess. Back to a life where you don't have to be ashamed to be poor, and where there are no crutches such as food stamps and welfare.

"Some people feel trapped in their 9-to-5 jobs, living in cities where everything they see is man-made, and they want out. They can't all take the plunge that I did, so if my work brings back a good memory, or makes them feel better, I think it's worthwhile. That's really what I try to say, and that's what my art says." ✖

Davis' portrayals of barnyard animals caught in antics on Foxfire Farm have endeared his works to thousands of collectors, who relate to these scenes of rural America.

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GIFTS THEY'LL NEVER EXPECT

Different ideas that range from the exotic to the downright practical.

by Maynard Good Stoddard

You've racked your brain, you've walked miles in malls, and you've discussed it with relatives, but you still haven't come up with just the right gift for that special person.

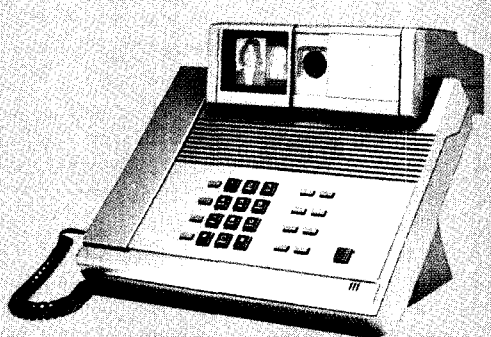
Well—fret no more. After much research, we have compiled a selection of gifts no one will expect, ranging from the exotic to the downright practical.

But don't get your hopes up that the recipient will leap from his seat and exclaim, "Just what I've always wanted!" For chances are he, or she, won't even know such a thing existed. Not until the gift is put to use will he or she exclaim, "How did I ever get along without it?"

The Luma Visual Telephone

If the lucky person on your gift list lives in a household with a VCR or a computer, has an interest in the latest technology, or conducts a home-based entrepreneurial business, the Luma, the first practical picture telephone, is for him.

No larger than a business phone, the Luma has a three-inch-diagonal screen that displays black-and-white images of both caller and callee. The caller has only to lift the receiver and dial, and in seconds he *sees* the person on the other end. The speaker-phone permits hands-free calling, and the screen-display directory holds up to 1,000 names and numbers. Equipped with a six-button module compatible with the majority of multiline telephone systems, it also works on PBX and Centrex office phone systems.



The Luma Visual Telephone

The Smallest Copy Machine

Fresh off Luma Telecom's production line just last summer, the Luma is already making news in such productions as "Miami Vice," "Scarecrow and Mrs. King," and "Spies."

Where to buy it? Luma distributors include The Sharper Image, Macy's, Burdines, Abraham & Strauss, Bamberger's, GTE Northwest, and several high-tech and telephone specialty stores.

The price? $1,450. A video printer, sold as an accessory, instantly reproduces a hard copy of both images displayed on the screen. All business aside, the Luma can be great fun.

If you can't quite picture this for your friend or relative, and you don't think an Automatic Sushi Maker or an Electric Log Splitter is appropriate either, how about—

The Smallest Copy Machine

Your gift recipient won't believe this one—until he tries it. Unlike ordinary xerographic copiers that require electricity and bulky light sources, toner cartridges, and conducting plates, this pocket-size baby uses more than 1,000 photosensors to read the material. As the unit is drawn across the page, microchips process the signals and produce copies of print up to 1.6 inches wide. Because the unit prints 193 dots per inch, it copies small print from magazines, contracts, timetables, stock-exchange reports, and school reference books clearly. The Smallest Copy Machine uses rechargeable NiCad batteries (batteries and charger included) and copies up to 33 feet of columnar print on a single charge. Has lightness-darkness control. Requires no warm-up. Comes with vinyl carrying case and one roll of thermal

Chirp 'N Time

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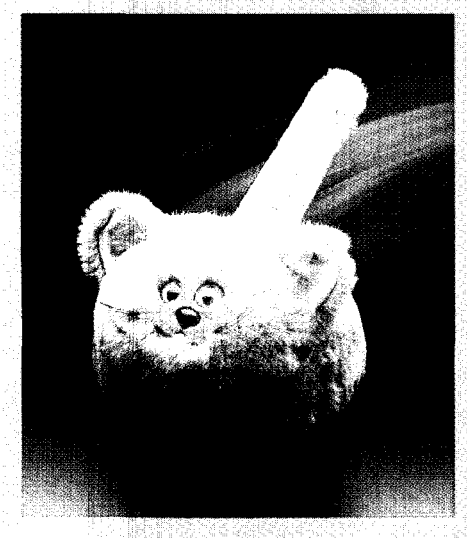
paper. The perfect gift for business person or student.

Hammacher Schlemmer 1-800-543-3366. Price: $349.50.

Chirp 'N Time

If your prospective gift recipient has a habit of being late for work because he, or she, can't find the car keys, this is the answer—if he or she can whistle, that is. And if he or she has the Little Chirp 'N Time attached to the key chain. A whistle is all it takes to activate this dandy device, which from up to 30 feet away responds with high-pitched electronic chirps that may be interpreted, "Here I am, dummy, right where you left me!" And for those who don't know the time of day, or perhaps even the day, the LCD clock movement will provide that information. Comes with key ring and battery. Size: 2¾"x1⅜"x½".



Obedient Petsters

Sporting Edge 1-800-468-4410. Price: $9.95.

Obedient Petsters

Do the kids complain because the puppy can't learn to sit, or fetch, or lie down on command? The kitten won't come when called? The parakeet won't make a peep? The hamster won't show off on its exercise wheel when they want it to? Well, let those real, live pets go their own stubborn ways—it's Petsters to the rescue! These fuzzy felines, with microprocessor brains, come when called, go away upon order, even purr on command. Motorized wheels give them amazing mobility.

Then there's the Deluxe Petster, which has an even larger bag of tricks. On command, this model will move in any direction, explore on its own, display a variety of personalities, dance, and even memorize a complex series of sounds and actions. It has flashing eyes, meows, purrs, and runs off to play by itself. Petster uses four C cells; the Deluxe model, six D cells (not included).

S.E. Petster price: $49.95 (4 C cells $5.95);

Deluxe Petster: $89.95 (6 D cells $8.95).

The Lighted Electric Tie Rack

Is that man you are shopping for fit to be tied every time he goes to the jumbled mess on his tie rack? You can take him away from all that with the only electric tie rack that, at the push of a button, can revolve up to 72 ties in approximately 25 seconds. Enough to make your head swim, right? The 1.5-watt bulb will help him distinguish colors without arousing the spouse, who probably wouldn't approve of his choice anyway. The Lighted Electric Tie Rack, powered by two D batteries (included), takes up less than 75 square inches of closet space and attaches to any standard rod in minutes with the included hardware.

H.S. Price: $36.95.

The Portable Oxygen System

As welcome as a breath of fresh air in the smoking section of a 747, this gift is designed for athletes and emergency home use, and to allow respiratory patients to travel unburdened by heavy oxygen tanks. The lightweight system contains two four-pound, pressurized tanks that dispense pharmaceutical pure oxygen. Equipped with a Medicare-approved variable-flow regulator, the oxygen rate can be adjusted to dispense

The Lighted Electric Tie Rack

at a rate between 2 liters per minute (recommended for fatigued athletes or to relieve headache) and 6 lpm (used for cardiac and other emergencies). Comes with flexible plastic face mask with adjustable strap, connecting hose, and complete operating and refilling instructions. May be filled using any standard oxygen tank.

H.S. Price: $229.50.

Abdominator

For friends or relatives who are fighting the battle of the bulge and losing, here's an exerciser aimed directly at the midsection. The Abdominator lets you choose four different stomach exercises, and it

Abdominator

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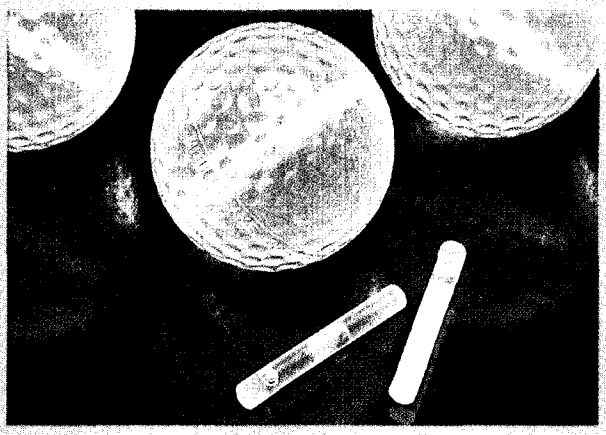
has a fifth position for lower back and buttocks, thrown in at no extra charge. It's sweat-proof and designed for comfort. Next year, put this person down for a new belt, two sizes smaller.

S.E. Price: $129.95.

The Night Golf Ball

To avoid long waits on the tee while the duffers ahead hole out, play your golf after the duffers have headed for the 19th hole—thanks to this regulation-size and -weight ball illuminated with a Cyalume® chemical light stick. The light stick, activated by a simple twist, contains 32 nontoxic reactive chemicals in a durable polyethylene tube. The tube, inserted into the solid-core ball, illuminates it for up to eight hours. (And if a player can't get in a round in eight hours, he has no business on the course, even at night.) The ball, visible up to 100 yards away, allows a player to follow drives and locate his ball easily even in the deepest twilight. Set of 6 balls and 12 light sticks.

H.S. Price: $34.95. Set of 24 additional light sticks: $19.50.



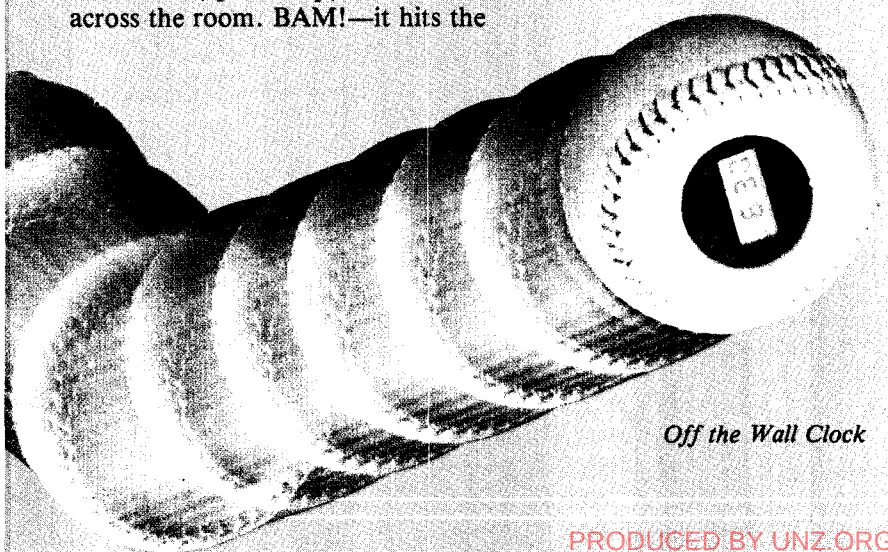
The Night Golf Ball

Off the Wall Clock

Here's a dream come true. It's six o'clock on a rainy Monday morning, and the alarm on your Off the Wall Clock begins to suggest it's time to get with it. You feel like throwing the blasted thing against the wall and shutting it up. And that's exactly what it's made for. Reach over, pick it up, and heave it across the room. BAM!—it hits the wall and never makes another peep.

By this time you won't be able to go back to sleep anyway, so you get up. Don't worry about this electronic timepiece—it's shockproof. In case you learn it's Saturday instead of Monday, the clock also has a snooze feature. Pedestal and battery included.

S.E. Price: $26.95.



Off the Wall Clock

The Electronic Cat Door

You can call this the cat's meow if you want to, but I won't. When the cat has to go—or come—this is the only cat door opened exclusively by a specially coded key worn on the little darling's collar. Stray animals who try to use their licenses or distemper-shot tags will be disappointed.

Unlike other pet doors, this model installs in doors, walls, and even glass patio doors; it uses a patented full magnetic seal to prevent drafts and to keep out insects and driving snow and rain. A unique four-way locking system allows the door to open from either side (letting the cat go and come freely) or from only one side (allowing the cat to exit or enter only)—or to lock completely. If the family dog has a shoulder width of less than 6¾ inches, it can also use the door. But in case the cat and the dog want to go or come at the same time, etiquette gives the cat preference.

H.S. Price: $124.95 (cat not included).

Over-the-Door Shoe Rack

Not enough closet space? Come to her rescue with this space-saving shoe organizer. She needn't be a Mrs. Marcos to appreciate its efficiency. The 58″x23″ rack hangs on any size of door without nails, screws, or bolts. Holds up to 18 pairs. Chrome-plated wire loops help shoes keep their shape.

The Electronic Cat Door

H.S. Price: $34.95.

The Rolling Plant Stand

She will love this heavy-duty, ¼-inch thick acrylic plant stand that holds up to 200 pounds and yet rolls easily. She'll appreciate the easy cleaning around plants and the effortless repositioning to follow the sun. The only problem: She may find her plants on the floor if the kids decide to use it to slide downhill. Height: 3 inches; diameter: 16 inches.

H.S. Price: $47.95.

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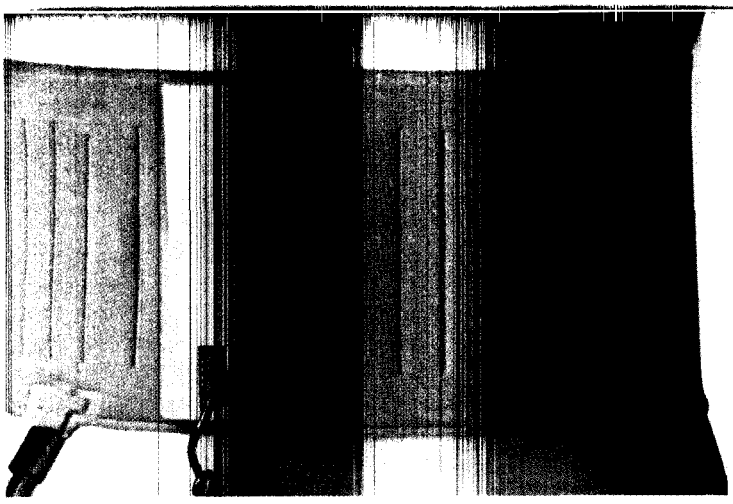

Introducing Muscle Minder.* It massages soothing eat right where you need it most.

Next time you push yourself too far, switch on the lairol® Muscle Minder. It's the only heat wrap with a etachable massager that kneads and relaxes your ching muscles and back. And if you think a hot massage ounds good, just wait till you feel it.

Muscle Minder is made of soft, thin material with self- ripping closures that adjust smoothly to your shoulders, gs, neck, lower back—just about anywhere you might eed it. The wrap has three heat settings and the assager has three soothing speeds. If you need cold as ell as heat, there's even a Muscle Minder* Hot/Cold ack.

Muscle Minder Heat Wrap with Massager. You'll find it warm and moving experience.

Clairol

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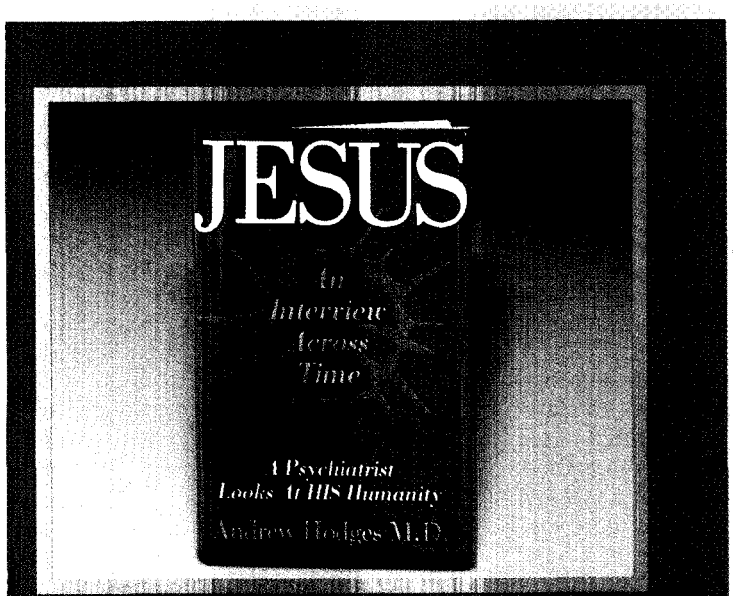
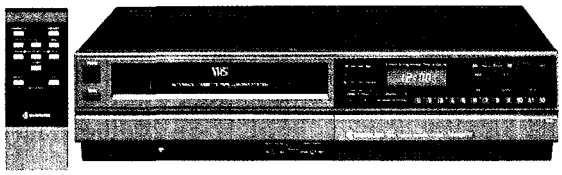


Psychiatrist Andrew G. Hodges skillfully combines truth and fiction as he explores the implications of Christ's true humanness. Through this imagined interview, he transforms doctrine into vivid contemporary reality!

Easy to read and understand, *JESUS: An Interview Across Time* abounds in new and provocative insights which promise to make it the most talked-about book of the year! Now at your bookstore.

SAMSUNG *Medalist*

Slim Line VCR



The SAMSUNG VR 2310 cable-compatible VCR with infrared remote control is a state-of-the-art system that can capture all the holiday specials, including the bowl games, so mom, dad, and the rest of the family no longer need to fuss over who gets to see what!

It's convenient front-loading feature is a space saver, and the two-week, six-event programable tuner is a worry-saver that lets you easily key in future events. No more frustration over missing those once-a-year programs (like the Super Bowl) on the day you were going over to grandma's house.

This system, cable ready with 105-channel capacity, comes with 12 stations already set for your locality, but you'll find channel switching is a breeze. Once you get spoiled by the wireless remote control you'll wonder how you ever got along without it.

The suggested retail price is only $379.95, and you can call toll-free, 1-800-255-2550, for the location of your nearest Samsung dealer. Maybe you'll catch him in a holiday mood. If so, pick out the Medalist. It's a gift the entire family will enjoy all year 'round.

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Heimlich

continued from page 34

fidence tempered and honed by his experience. He does consider himself to be exceptional, with a record to prove it. That attitude doesn't go over well with doctors, a rigid peer group, seething with petty gripes and animosities. He is well aware that if his work has won him admirers and made him a folk hero, his personality has not won him many friends.

At Jewish Hospital he was criticized for not performing his share of the routine surgery and for taking controversial stands. He felt that with his experience he should be concentrating on unusual surgical problems, leaving the routine matters to the young doctors, residents, and interns who should be glad for such work. He remembers a time when he could not get any work. And he says: "I have no interest in doing ten hernias in a row. The president of a company does not work on the loading docks."

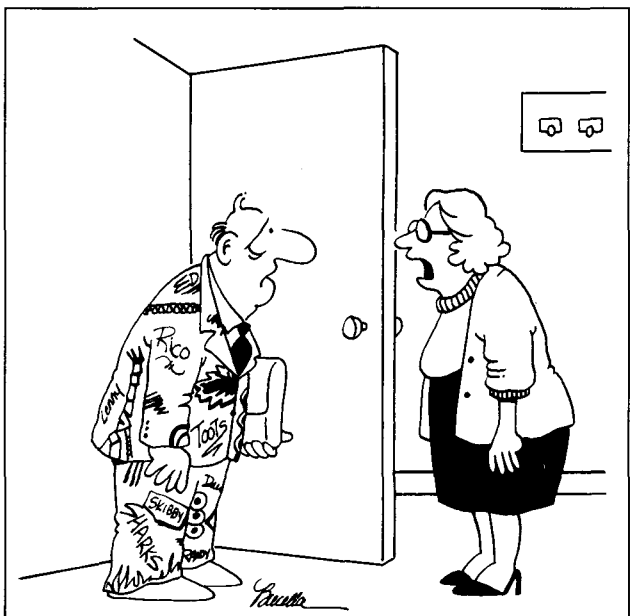
As for taking controversial positions on topics perhaps not directly related to the practice of medicine, he feels that is his obligation. He owes it to the world and the fame he has achieved to stand up for what he knows is right. It's not grandstanding; it's a duty.

Now the cancer experts are saying he is wrong, and working far afield from his area of expertise; world diplomats say he is excessively naïve, commenting on highly complicated affairs he knows nothing about, and maybe a little "off his rocker"; and fellow doctors say he's a vain and self-centered man who got lucky, and now he thinks he's an oracle, the Font of All Wisdom.

The Heimlich Fortune

Dr. Heimlich protested a planned series of experiments at the University of Florida in which 42 dogs were to be purposely drowned. His letter argued that the experiment, subsequently canceled, was cruel and useless. This small battle is part of the larger, ongoing war he is fighting with the Red Cross over the Heimlich maneuver. The Red Cross, like nations in international disputes, doesn't even recognize the maneuver. It does make vague reference to an "upward abdominal thrust," never endorsing it completely. Dr. Heimlich's unswerving position is that the maneuver is the action of choice with both choking and drowning victims. He is alternately amused and infuriated by the infighting and back-stabbing that go on within the medical community over the adoption of his maneuver as the standard lifesaving operation.

But he's used to it, taking people on. He challenged Pan Am when they gave his airline tickets to another customer when he was about to leave on his honeymoon. He wrote a letter to David Rockefeller and threatened to take the Chase Manhattan Bank before the FCC for false advertising—"You've got a friend in Chase Manhattan"—when he was unable to recover funds involved in a check forgery. For years now it's been the Red Cross, and now he's moving up to the international level.



"The car still isn't ready. You're going to have to take the subway again tomorrow."

The morning mail also brings him a letter from Bucharest, from a doctor he has not seen since 1956, when he traveled to Rumania to exchange information with the only other doctor in the world performing the replacement esophagus operation, in which the lower part of the stomach, which secretes no acid, is sewn or stapled off, then cut free and raised as a tube, with blood supply still intact, to replace the damaged esophagus.

Dr. Heimlich developed the technique during a meeting. It came to him whole and in detail. He knew immediately it would work. Afterward, he scribbled the basic procedure on a napkin for the chief of surgery at Mount Sinai Hospital, and the man ignored it. Undaunted, Dr. Heimlich, then 30 years old, walked down the street to the New York Medical College and wrangled the use of lab space and a $300 grant to test his theory on dogs. Working alone, he could not keep the animals alive through the surgery. Some interns he was teaching helped him out; when a dog finally did survive, he paid the animal custodian $5 for each week he could keep it alive.

He published a paper on the operation, but it was several years before he got a chance to perform it on a human patient. When he did, he altered his technique, and the man died. That, Dr. Heimlich says, is the true test of how much you believe in yourself and your idea. He did not stop. When he got a second chance at another hospital, the operation went smoothly and the patient, previously terminal, recovered. It became one of Dr. Heimlich's favorite stories:

The man was wheeled into a conference, given bread and coffee and told to eat. "I can't," he said, and the doctors in the room roared with laughter, a laughter of ridicule, Dr. Heimlich says. "Why not?" he asked the man. "You've been eating all week." "Because they didn't bring my teeth out," the man said. And then we all laughed, Dr. Heimlich says, a laugh he still enjoys as much as ever.

This was after he had returned from Rumania and experienced conditions behind the Iron Curtain. He believes that the cooperation between physicians led to a better spirit between the two countries, an experience he uses to motivate his current peace proposals. The doctor he knew then recently heard him speak over

continued on page 85

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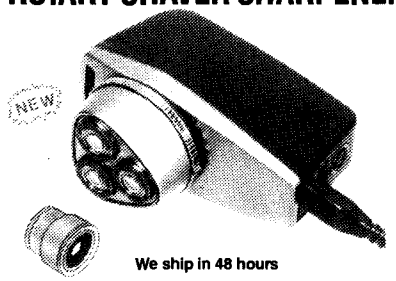

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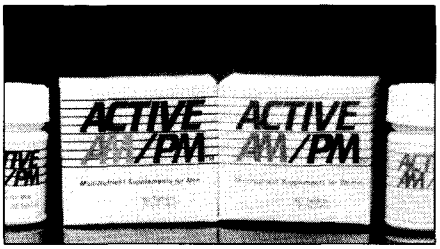

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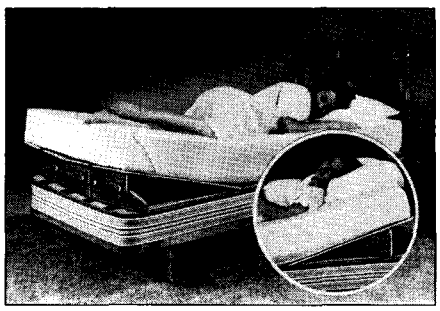

Nu-Slant adjusts mattress width and height of head or foot of bed. Head elevation eases discomforts of hypertension, breathing and heart ailments, and others. Leg elevation eases varicose, circulatory, swelling leg discomforts. Twin-bed size $40, double-bed size $42; $1 p&h. Better Sleep, Inc., Dept. NT-12, New Providence, NJ 07974.

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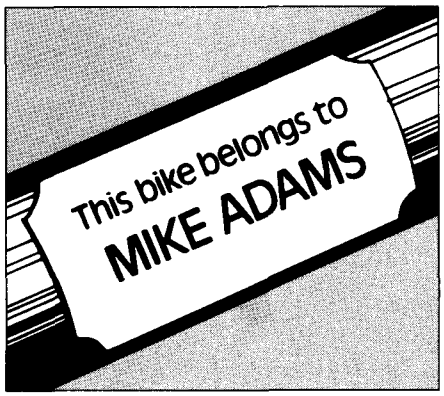

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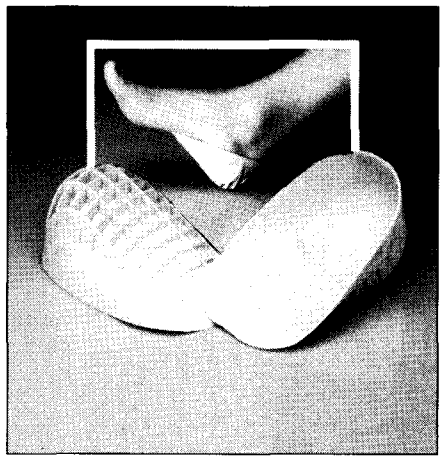

Tuli's offer the promise of relief from pain and help in preventing future problems. Comfortable, lightweight pads cushion your heels. Fits all adult sizes. Send $5.88 plus $1.25 p&h for one pair; two pair just $10.88 plus $1.95. Tuli's (Z674598), Old Village Shop, Dept. VZ-2390, Bldg. #9, Hanover, PA 17333.

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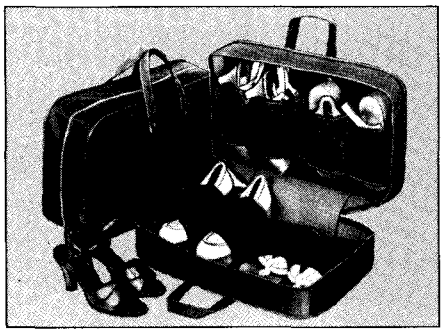
Shoe tote/storage bag

Metal zipper on three sides lets bag open to hang full-length. Folds flat to



tote or to store. Waterproof pockets hold eight pairs of ladies' shoes or four pairs of men's. Wipe-clean, navy-blue nylon with sturdy handles. 20″x13″x6″ deep; $14.99 ppd. Gemini Gifts, Dept. 112-E, 5695 Xenon Way, Arvada, CO 80002.

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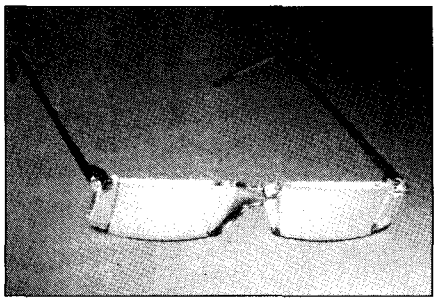

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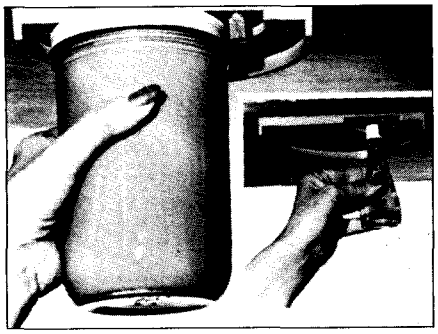

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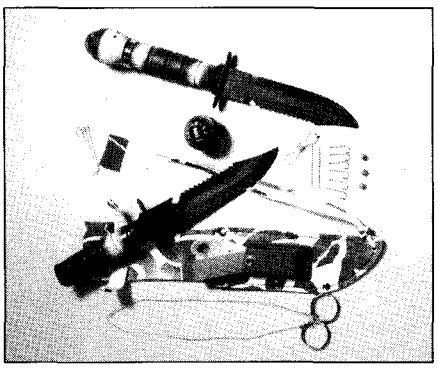

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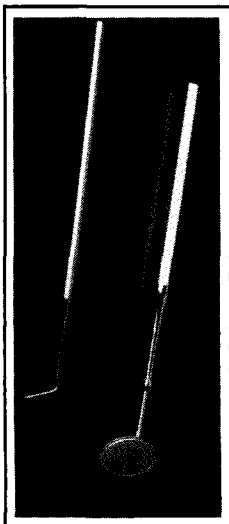

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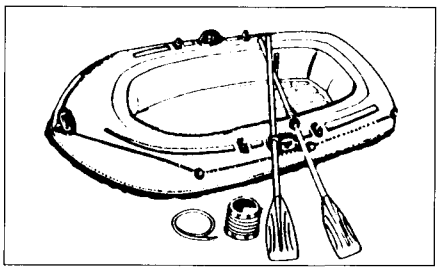

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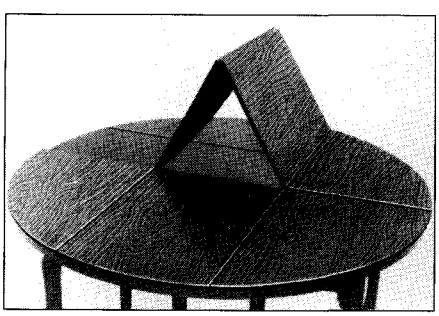

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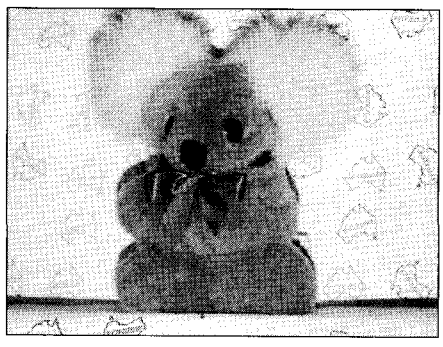

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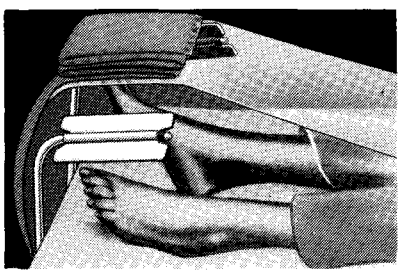

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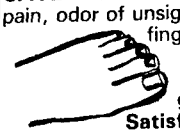

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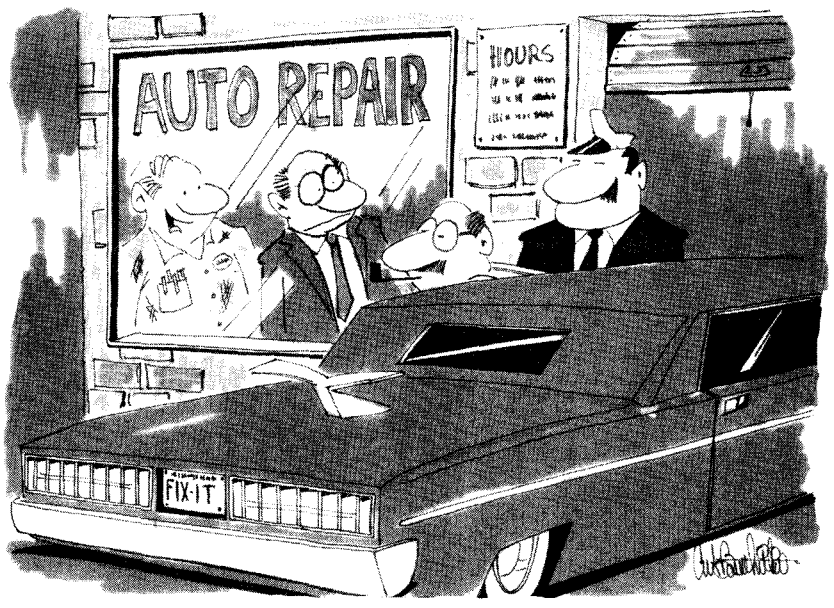

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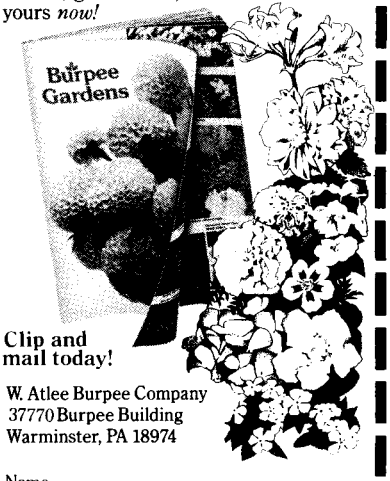

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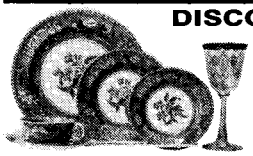

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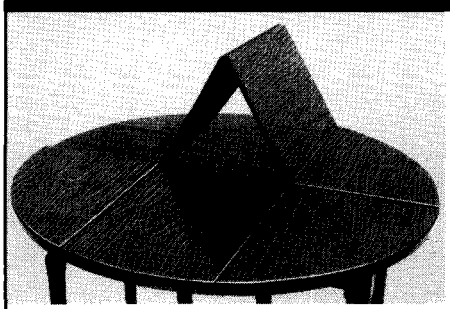

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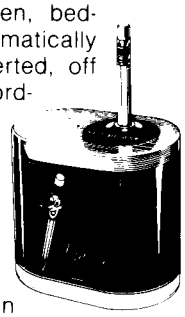

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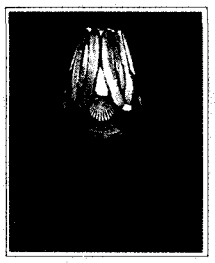

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FOOD

BONE BOOSTERS

The facts are in—building better bones means more than just adding milk. Especially late in life. . . .

by Jacque Rae

To many adults, calcium is kids' stuff. "Drink your milk, Junior, and grow up to be big and strong," mom always said. But recent research suggests calcium requirements may *increase*, not decrease, with age, and mom herself is most vulnerable.

Typically, Americans absorb only 10 to 30 percent of the calcium they consume, and that level dips as the years pass. Hormonal changes, poor diet, and the aging process thwart calcium absorption. Although the body tries to maintain the balance of calcium in the blood, its method—tapping reserves stored in the bones—can be debilitating. This method can lead to lost bone density and, eventually, the dread disease osteoporosis. Because aging is inevitable and hormonal treatment can be risky, the key to increasing calcium absorption seems to be fine-tuning the diet.

Low-fat Yogurt Cucumber Dressing offers a calcium bonus, while leafy greens may "bind" calcium and prevent absorption—kale and turnip greens are a tasty exception.

Boosting dietary calcium is not as simple as merely adding milk. The real need is to increase the calcium absorbed, not just consumed. How much calcium is ingested makes little difference if it isn't used by the body.

Fortunately, absorption can be increased many ways. Vitamin D, available in sunlight, is a natural carrier for calcium. It can be ingested through fortified milk and some dairy products. Lactose, present in cream soups and chowders as well as in other foods made with dairy products, also enhances calcium absorption.

Calcium is more soluble in acid; it is then more easily used by the body. But acidic gastric juices, helpful in the natural digestion of calcium, are produced at lower levels in old age. Yogurt and buttermilk, more acidic than other dairy products and acceptable to persons with lactose intolerance, can be important aids to calcium absorption in later years. Exercise, too, has been found to increase bone mass and thus calcium stores. During periods of inactivity, when physical stress is not placed on the bones, less calcium is absorbed. Walking or jogging is good exercise for increasing absorption.

Although calcium levels can be raised in many creative ways, the typical American diet seems to work against the need. A high-fat, high-protein, high-phosphorus diet can decrease calcium retention. Guzzling soft drinks is a special risk; these beverages not only often replace milk as a favorite drink, but because they contain high levels of phosphorus, they decrease the calcium absorption from whatever milk *is* taken in.

Milk and cheese are complete proteins; additional, unneeded meat may lessen the amount of calcium available. Broccoli and Cheese Calzone, Spanakopita, and Vegetable Frittata are delicious main dishes that utilize calcium and complete protein without added meat. Low-fat or partially skim cheeses can be substituted for high-fat cheeses.

Acids in whole grains and leafy greens can interfere with calcium absorption by binding the calcium. When whole grains are consumed, a calcium-rich diet is more important than ever. To raise your calcium intake, try kale or turnip greens—they won't bind the calcium as much as other leafy greens.

Grain products, not usually thought of as rich in calcium, take on new value when dry milk is added. Fortified flours are available on the market, and soft pretzels made with this calcium-enriched staple and nonfat dry milk boost calcium absorption.

Legumes can also add calcium to your diet. The amount, small when compared to dairy products, can be an important source for those who do not drink milk. Turtle Bean Soup garnished with yogurt is a calcium bonus. Salmon and sardines are also a calcium source if the bones are not removed. (The canning process renders the bones soft enough to be blended into any dish.) Salmon Log, a favorite appetizer, makes use of the entire salmon and Neufchatel, a low-fat cheese substitute.

Children require about 800 mg. of calcium a day and teen-agers about 1,200 mg. The Recommended Daily

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Allowance for adults, 800 mg., may be even higher for women. One glass of milk equals about 300 mg. The following chart shows equivalent levels of other calcium-rich foods.

1 cup milk = 1½ ozs. Cheddar cheese
2 cups ice cream
2 cups cottage cheese
1 cup almonds
2½ ozs. sardines

Soft Pretzels
(Makes 16 pretzels)

1 package active dry yeast
¼ cup water
1 cup skim milk
½ cup nonfat dry milk
4½ cups calcium-enriched whole-wheat flour
2 teaspoons salt substitute
4 teaspoons baking soda

Combine yeast and water in mixing bowl. Let stand until yeast is softened, about 5 minutes; stir in skim milk and dry milk. Stir in flour and salt substitute; add additional flour if necessary to form a stiff dough. Knead dough 10 minutes or until smooth and elastic. Place dough in oiled bowl, and turn to bring oiled side up. Cover with plastic wrap and let rise in warm place until double in size (45-60 minutes).

Divide dough into 16 balls. Roll each ball into 20-inch coil about ¼" in diameter. Shape each coil into a pretzel. Dissolve baking soda in boiling water. Drop pretzels in boiling water one at a time. Let pretzels boil until they float, about 1 minute. Remove from boiling water and drain. Place drained pretzel on oiled baking sheets. Bake in preheated 475° F. oven until golden brown (10-12 minutes).

Wild Rice Soup
(Makes 6 servings)

½ cup wild rice
1 small onion, chopped
2 cups defatted chicken broth
1 cup sliced mushrooms
1 cup chopped broccoli
3 tablespoons flour
2 cups skim milk
1½ cups cubed American cheese
½ teaspoon salt substitute, if desired
⅛ teaspoon nutmeg
⅛ teaspoon white pepper

Combine rice, onion, and broth in saucepan. Bring to boil and simmer until tender (45 minutes). During the last 10 minutes of cooking, place mushrooms and broccoli on top of rice; cover tightly with lid.

Sprinkle flour over rice mixture and stir in. Gradually stir in milk. Cook over medium heat until mixture boils and thickens; stir constantly. Stir in cheese until melted. Add seasonings to taste. Serve warm.

Spanakopita
(Makes 8 servings)

1 package (8 oz.) kale or turnip greens
1 cup chopped onion
3 eggs, well beaten
¼ pound feta cheese, crumbled
1 cup Gouda cheese
8 sheets filo (thin strudel sheets), thawed
1 tablespoon margarine

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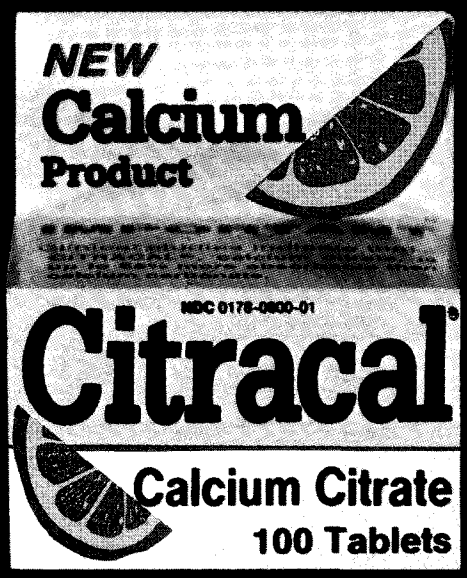

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Cook greens and onion until tender; drain well. Add egg and cheeses to vegetable mixture. Place one filo sheet on baking tray; brush sparingly with melted margarine. Place second sheet on top of first and brush with melted margarine. Repeat with remaining filo sheets. Place vegetable mixture down center of sheets. Roll sheets with vegetable mixture in center and tuck ends under.

Bake in preheated 350° F. oven for 20-30 minutes or until golden brown. Slice and serve warm.

Yogurt Cucumber Dressing
(Makes 2 cups dressing)

2 cups plain low-fat yogurt
1 cup chopped cucumber
¼ cup finely chopped onion
1 teaspoon dill weed

Combine all ingredients in mixing bowl; stir until well mixed. Refrigerate at least 1 hour before serving.

Vegetable Frittata
(Makes 4 servings)

2 eggs, lightly beaten
½ cup buttermilk
½ cup calcium-enriched flour
¼ teaspoon salt substitute
½ cup sliced mushrooms
2 tablespoons chopped onion
2 tablespoons chopped green pepper
1 teaspoon margarine
¼ cup chopped tomato
¼ cup shredded Gruyère cheese

Coat 10″ cast-iron skillet with vegetable cooking spray. Preheat skillet at 425° F. until heated, about 4 minutes. Combine eggs, buttermilk, flour, and salt substitute in mixing bowl; beat until smooth. Pour into hot skillet. Bake at 425° F. for 12-15 minutes or until puffed.

Meanwhile, sauté mushrooms, onion, and green pepper in margarine in small skillet. During last 5 minutes of cooking frittata, spoon vegetables over top and add tomatoes and cheese. Cut into wedges and serve immediately.

Broccoli-and-Cheese Calzone
(Makes 8)

4 cups chopped broccoli
½ cup grated carrot
¼ cup chopped onion
1 clove garlic, minced
¼ cup water
1 cup ricotta cheese
¼ cup grated Parmesan cheese
1 cup Swiss cheese
¼ teaspoon thyme
2 loaves whole-wheat bread dough

Combine broccoli, carrot, onion, garlic, and water in saucepan. Cook until broccoli is tender (8-10 minutes). Drain well and press out excess moisture with paper towel. Add cheeses and thyme.

Divide dough into 8 pieces. Roll each piece into 6″ circle. Place circles on baking sheet coated with vegetable cooking spray. Place about ½ cup filling on one half of each circle and fold other half of circle over filling. Pinch edges closed. Prick top of each calzone. Bake in preheated 400° F. oven until golden brown (15-20 minutes).

"I've always considered myself a carpenter's helper. . . ."

Turtle Bean Soup
(Makes 2½ quarts)

1 pound dry black beans
2½ cups chopped celery
2 cups chopped onion
½ cup chopped green pepper
1 clove garlic, minced
1 bay leaf
1 teaspoon salt substitute, if desired
1 teaspoon thyme
½ teaspoon oregano
½ teaspoon black pepper
¼ teaspoon red pepper
Dash hot pepper sauce
¼ cup plain, low-fat yogurt
Lemon slices

Wash beans and place in large cooking container. Cover with water 2 inches above beans; let soak overnight. Drain beans and add 3 quarts water, celery, onion, green pepper, garlic, bay leaf, salt substitute, thyme, oregano, peppers, and hot pepper sauce.

Bring beans to boil and reduce to low. Cook beans, uncovered, until tender (2-3 hours); stir occasionally. Remove bay leaf.

Place half of beans in blender or food processor. Process until smooth; stir back into soup. Garnish each serving with yogurt and lemon slice.

Smoked Salmon
(Makes 1 appetizer log)

1 can (16 oz.) red salmon
1 package (8 oz.) Neufchatel cheese
⅛ teaspoon liquid smoke or Worcestershire sauce
1 tablespoon minced onion
1 clove garlic, minced
½ cup toasted sunflower seeds
3 tablespoons parsley

Combine salmon, cheese, liquid smoke, onion, and garlic in mixing bowl. Shape into log and roll in mixture of sunflower seeds and parsley. Roll up in plastic wrap and refrigerate at least 1 hour before serving. Serve with whole-wheat crackers as appetizer.

Frozen Pineapple Yogurt
(Makes 4 servings)

1 cup fresh fruit
1 can (15 oz.) unsweetened pineapple chunks
1 cup plain low-fat yogurt

Place fruit (any type of berries) in single layer on tray covered with wax paper. Drain pineapple well; arrange on tray with berries. Freeze fruit until firm (about 2 hours). Combine yogurt and fruit in blender and process until smooth; stir mixture several times during blending. Serve in dessert dishes.

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Heimlich

continued from page 72

the Voice of America, on the Heimlich Maneuver and Patriots for Peace.

Dr. Heimlich breaks for lunch. He's going to his favorite Chinese restaurant in town, the Blue Gibbon in Saint Bernard. On the way, he slips in a Spanish-language cassette and practices his conversation. He passes a billboard that reads: "What would America be without the Red Cross?" He laughs aloud and says, "Boy, I could give them a good answer to that one!"

At the restaurant, he orders egg-drop soup and chicken chow mein in Chinese and converses briefly with the waiter, asking about the family and how things are, all in Chinese. The waiter departs and the doctor thinks about recent developments in his own family. His older son, a local lawyer, has just announced his engagement; one of his twin daughters is holding down two waitressing jobs in San Francisco while she tries to find work as a model. He has a book on emergency home medical techniques, and he's also written a nuclear-war novel he envisions as a movie.

For some reason, his thoughts drift back a few years to when he was working with Neil Armstrong, George Rieveschl, and Ed Patrick on the development of a miniaturized heart-lung machine and the techniques for implanting it. Rieveschl called the group HARP, after their initials. Even that gathering of minds ran into trouble, though. Other professors believed they'd have a monopoly on the grant money, leaving none for the less famous researchers. An institute was formed, but the spirit was gone by then, and nothing came of their work. Still, Dr. Heimlich remembers a couple of wonderful years when they worked together, screaming, yelling, laughing like kids, eating lunch together at the Alumni Club at the University of Cincinnati.

A couple around his age comes over to his table and interrupts his thoughts. "You're Dr. Heimlich, aren't you?" the man says. Dr. Heimlich nods, smiling. "I thought I recognized you from TV." The man introduces himself. "And this is my wife," he says. "I owe her life to you."

The woman blushes and explains. "We were eating in a restaurant several years ago and I choked on a piece of meat. I tried to tell him, but he didn't understand."

"I thought she was having a heart attack."

"That's very common," Dr. Heimlich says.

"I was dying," the woman says. "Lucky for me a nurse was nearby, and she came over, grabbed me from behind, jerked, and out popped that piece of meat. I can't thank you enough."

They try, thanking him profusely. Dr. Heimlich graciously accepts their thanks, and he urges them to send in a detailed description of their experience to his institute at Xavier. They shake hands around and the couple departs. It's a gratifying experience, and it's one that happens to him frequently, not so much in person, but more often through the mail and regularly in the papers. To make a lasting contribution, that has been his goal.

Finished with his meal, Dr. Heimlich signs the bill, takes a sip of water, and opens his fortune cookie. "You are contemplating some action which will bring great credit upon you," it says. He laughs out loud. "That's a safe bet," he says, getting up and walking away. ✖

Family Tree

continued from page 49

finally streamed from the house and began circling the backyard, with Uncle Cotton lumbering along behind, rabbit and dog were nowhere in sight.

"Watch out for the cistern!" dad yelled to Uncle Cotton. But the cistern top was camouflaged by snow, and Uncle Cotton was already upon it; because the top wasn't designed to support 350 estimated pounds, he was through it, then he was in the cistern itself.

Although the water level was only hip high, a whirlpool spa the cistern wasn't. In reply to Uncle Cotton's screams, one of the fast thinkers threw down a potato crate for him to stand on. The folly of this was good for a laugh all around.

Brother Meryl ran to the barn for a

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ladder, which occupied too much of the cistern opening to allow Uncle Cotton to squeeze past. The situation was finally resolved when someone spotted our stepladder on the back porch. Upon it the bedraggled advertising man could climb up far enough to be grasped under the arms by three uncles and a cousin and hauled out.

As for the hound dog, he had already returned. But to look for a white rabbit in the two feet of snow covering the ground was about as futile as giving a Cloret to a camel. Or trying to find dry clothes to fit Uncle Cotton, for that matter. He ate dinner seated near the stove, with a buffalo robe for a napkin.

Considering the direction the day had gone, the opening of gifts closed the occasion most appropriately. The last gift to come down from the five Christmas trees was a razor for brother Aubrey. The beauty of this latest thing in razors was that it could be sharpened by fitting it over a strop (included) and running the razor up and down. When Aubrey couldn't get the hang of it, Uncle Seymour said, "Here, let me show you!" and cut the strop completely in two on the first try.

It was the last Christmas reunion at our house without a tree. And pet lovers will be happy to know that little cousin Bridget got a replacement rabbit the following Easter.

Perfect Pet

continued from page 27

this time.

I think a female dog adapts faster to a male dog than to another female, and vice versa. And altered animals are more likely to get along well together. A final point to consider: Dogs naturally form dominant-subordinate roles. Often the original pet is the dominant dog, although the new pet may obtain the dominant position in time. You should reinforce the established dominant-subordinate roles rather than stick up for the underdog. Teach both dogs basic obedience commands.

H.E.W.

Dear Dr. Whiteley,

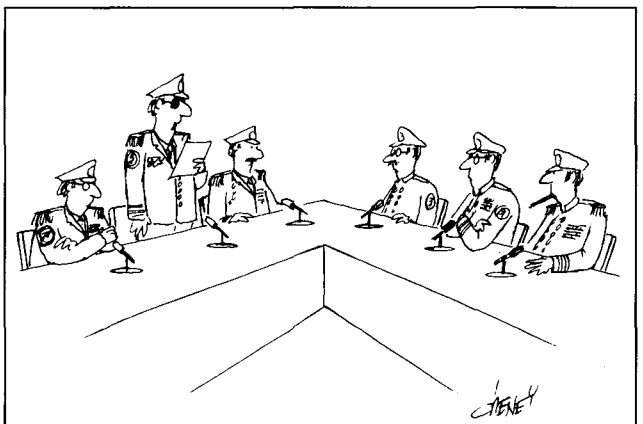
I am the proud "mother" of a delightful male Siamese cat named Fonzie and a mixed collie dog. I recently brought home a female calico cat I found wandering around the neighborhood. My dog accepts the new cat well, but Fonzie seems terribly disturbed and has even started spraying urine in the utility room, where I keep his litter box. What can I do to remedy this problem? I am too attached to the new cat to just throw her out.

Mary Lou Blatten
Charles City, Iowa

Dear Mary Lou,

You are to be commended for your compassion. Obviously, Fonzie is experiencing an emotional upheaval with the new cat. I hope the spraying will be temporary, until he adjusts to the new cat. Because urine spraying usually has a territorial and sexual origin, altering both cats may alleviate the problem.

H.E.W.



"So, our final proposal is that you can keep the heat-seeking missiles or trade them for what's inside silo number one, silo number two, or silo number three."

Dear Dr. Whiteley,

I have a six-month-old kitten and a parakeet. Do you think I should get another cat to keep Toby, my kitten, from getting lonely?

Robert Harris
Alexandria, Louisiana

Dear Robert,

Most cats tend to be solitary animals. Unlike dogs, they do not need the companionship of their species. Of course, there are exceptions. If you decide to adopt another cat, I would recommend one of Toby's sex, for the urine spraying described above seems more frequent in households with cats of different sexes.

H.E.W.

Dear Dr. Whiteley,

I am blessed to own a blue-and-white parakeet who obviously is one of the few with a large vocabulary. And I do mean large. As Pepé sits on my head or my shoulder as I prepare for work, he runs through part of his extensive repertoire—for about a minute without stopping. It goes something like:

"I've gotta go to work but I'll be back. . .I just love you. . . you're so precious, precious . . .I'm going to the store, I'm gonna wash the car . . . gonna get the mail. . .gonna wash the mail (or the store) . . .where's my kiss. . . where's my Pepé . . .where's my dinner. . .gotta find my shoes, gonna put on my shoes. . .let's call Aunt Jackie. . .Aunt Jackie's coming on Saturday. . . here's your little tub. . . hello, bird. . .you're my precious darling. . .you're my little spoiled darling. . .I love you little tub. . .Nanner said gimme kiss. . .where's my shoes. . . ."

Sometimes the only thing he says when he lights on my shoulder is "I just love you, yes I do," which really breaks me up!

Two associations: When I let him out of his cage in the mornings, he flies to his favorite spot on the kitchen counter, saying "Where's your little tub" or "Here's your little tub" as I bring out of hiding three or four birdbath tubs, a toy truck, etc. He soon picks at all of them until they land on the floor. Pepe then waits until I pick them up and line them back up on the counter so he can push them off again.

The other association is he usually only says "peekaboo" when he lights on my head and peers down on my glasses. Interesting combination: I said, "See you later, alligator"; Pepé's rendition: "See you ralligator." He has never said, "Please let me out" (of the cage), though I've said it dozens of times.

Pepé was purchased from the San

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Bar Pet Shop, Costa Mesa, California, in November 1982, while quite young. In the spring his chattering included a few words. As I told him what I was going to do, he picked up so much of it, with my inflections, and he also giggles and laughs like me.

Pepé is absolutely delightful. God surely meant for him to belong to me, at a time when I needed a special pet.

A client of mine read somewhere that some people's voices can be more easily heard and imitated by parakeets.

Rene Smith
Newport Beach, California

P.S. Pepé picked up the first and last digits of my phone number; on occasion he pipes up: "Six three."

Dear Rene,
Pepé does indeed sound delightful. Parakeets would make great Christmas presents, wouldn't they?

H.E.W.

Dear Dr. White:

Can you please give me any advice on my year-and-a-half-old dog? He gets so carsick every time we take him in the car. He loves to go, but before we go a mile he is slobbering and frothing something awful and cries; sometimes he vomits. Since we travel often, this really makes it difficult.

Any help will certainly be appreciated. He is a happy, healthy dog—part German shepherd and part Doberman.

Help!

Mrs. Albert W. Crumb
Colorado Springs, Colorado

Dear Mrs. Crumb,

Do not feed or water your dog just before taking him in the car. If the trip is long and you must give him water en route, pack ice cubes for him to lick at rest stops.

Your veterinarian may prescribe a mild tranquilizer to be given 30 to 60 minutes before departure. Antimotion drugs sold over the counter for people have been utilized for dogs, also.

H.E.W.

Send your questions for the vet to: Vets on Pets, *The Saturday Evening Post*, 1100 Waterway Blvd., Indianapolis, IN 46202. Because of the volume of response, the editors regret we cannot reply personally to all letters.

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FREE Citracal —and savings on the Post

Instead of killing two birds with one stone, because the spirit of Christmas is upon us, we are going to keep you mentally alive and physically healthy with one offer: *free* Citracal to keep you well and *The Saturday Evening Post* at reduced rates for wholesome reading.

The Citracal offer, as many already know, is but one evidence of the *Post*'s interest in our readers' good health. It was through our kidney-stone-prevention efforts that we came in contact with Dr. Charles Pak, a urologist from the University of Texas Southwestern Medical School. He had put his kidney-stone formers on calcium because he discovered it helped to prevent the stones. Then, serendipitously, Dr. Pak happened to come upon a blessed solution for patients distressed by gas and bloating from their calcium-carbonate preparations. It was calcium citrate, and the idea of using it came to him at the Franklin Institute Science Museum, in Philadelphia, as he watched an egg (calcium-carbonate shell) brought to the surface of a bowl of vinegar by carbon-dioxide bubbles. No different, he thought, from the carbon-dioxide gas formed when calcium carbonate reaches the hydrochloric acid in the stomach. Observing the power of the gas bubbles, he then understood why 30 percent of patients can't tolerate calcium-carbonate supplements. So this clever scientist tried replacing the carbonate with calcium citrate for those patients—and no more gas, no more bloating. Then he induced a manufacturer to produce this product, which he called Citracal.

Calcium citrate doesn't cause gas as does calcium carbonate in 30 percent of those who use it, according to Dr. Charles Pak. Our premium for your health.

It couldn't have come at a more propitious time, as the *Post* was launching an all-out campaign urging our readers to take calcium supplements for the possible prevention of broken hips in later years. The Sloan-Kettering Institute has also found reason to believe that adequate calcium might prevent colon cancer.

Thus, Citracal is our health premium for the month to our subscribers. You who suffer gas from taking calcium-carbonate preparations will find it a godsend. Best of all, you can enjoy this godsend FREE by subscribing to the *Post*, by renewing your subscription, or by giving a gift subscription (which you can

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Urologist Dr. Charles Pak of the University of Texas Southwestern Medical School with his Citracal® (calcium citrate) pills.

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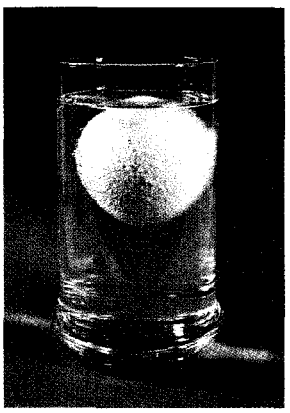

The powerful, tiny bubbles holding up the egg demonstrate why many people get gas when they take calcium carbonate.

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BRAZIL

The Rio Thing

What is the special charm that brings so many people from so many places to Brazil's "marvelous city"?

by Ted Kreiter

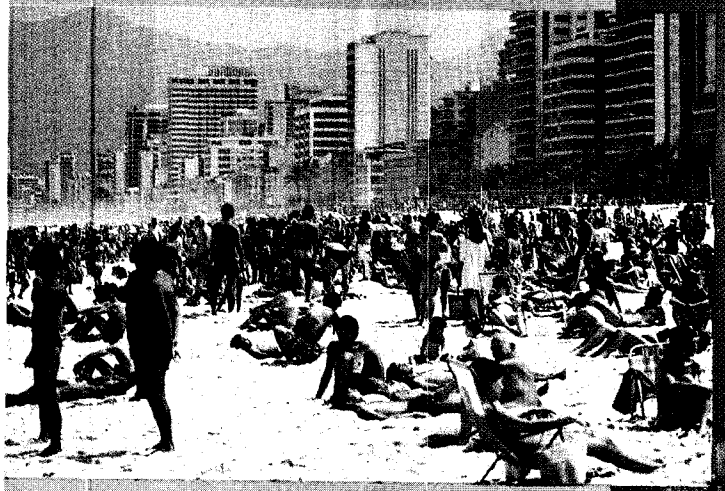
To visit Rio and not climb to the Christ the Redeemer statue would be sheer folly.

Arriving at Eduardo Gomez Airport late at night on a 5½-hour flight from Miami may not be the most spectacular approach to the Amazon, but for those just passing through en route to Rio de Janeiro, it's a practical alternative to the week-long trip by boat from Belem.

It's a jungle out there, as they say, for almost a thousand miles in all directions, but instead of pythons lurking outside the terminal doors, taxis wait, ready to whisk new arrivals directly to the luxurious lobby of the Tropical Hotel, where they are greeted with stiff drinks made from fermented sugar cane and then sent off to their rooms for the night.

Next morning, the first thing visitors may notice is that they are freezing. It's 98° F. and 90 percent humidity outside, and the air conditioner has been revved up to compensate. In the bathroom, the water from the previous night's shower is still on the floor, unevaporated. When guests reach

Mistinguett, opera house owner Carmen Miranda, Enrico Caruso, Jenny Lind, and the Ballet Russe.



Want to be seen by the girl from Ipanema? This is the place (above). By night, "The Magnificent City" earns its nickname (right).

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for the fruit basket, they find they can identify just one thing—a lime, or at least it looks like a lime; it might be a *cupuacu* or a *graviola* or a *pupunha* or something equally strange. Who knows? Most visitors still won't know by the time they leave; the Amazon has too many fruits to keep track of. However, they'll probably have learned the names of three popular local fish: namely pirarucu, *tambaqui*, and *tucunare*—all delicious. The pirarucu has the best reputation. It's the largest scaled river fish in the world, available in lengths up to seven feet. Natives use its scales for nail files.

If you're looking for at least one good reason to come to this muggy, isolated place, try fishing. The Rio Negro has an estimated 2,000 to 3,000 species of fish, a treasure trove compared to the Mississippi's paltry 250. Many are edible; some may eat you, if given the chance.

The fact that the Rio Negro's fish life includes piranhas does not preclude swimming. In fact, the Ponta Negra beach just outside the Tropical Hotel has been dubbed the Copacabana of the Amazon. Unlike Rio's famous beach by that name, however, this one disappears for months at a time during the rainy season. So if you would like to run your toes through the Amazon sands, make a note not to visit from January through June.

Samba sizzles as Carnaval continues throughout the year at Rio's Scala night club.

About 12 miles down river is the Tropical Hotel's main reason for being—the city of Manaus, Brazil's jungle metropolis, complete with skyscrapers, a half million population, and an unnecessarily large fleet of yellow Volkswagen taxicabs.

Manaus' main claim to fame (and the people here won't let you forget it): It was once the richest city in the world and one of the first cities in South America to have electricity and streetcars.

Tales abound of the wealthy Manaus rubber barons of yore who reportedly sent their laundry out to be done in London and fed large-denomination bills to Amazon fish to amuse their guests at parties.

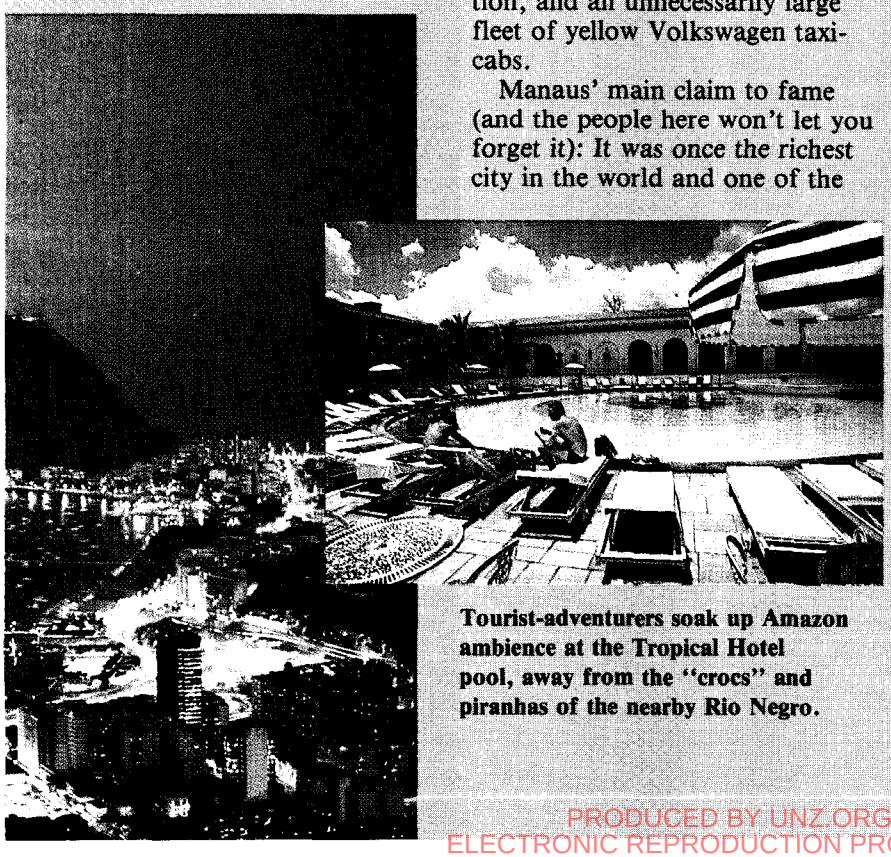
The best-preserved artifact from the bizarre rubber-boom era is the Amazon Theater, inaugurated in 1896 by an Enrico Caruso performance. The theater is still in use today, the interior as gaudy and ornate as ever.

Manaus' most interesting place, however, is the rather humble Indian Museum, run by the Salesian sisters. Here you can beat on an authentic Amazon jungle drum, meet shrunken heads face-to-face, and view menacing-looking native weapons, including blowguns and curare-tipped darts. A complete line of similar apparatus is for sale at the museum's gift shop. Sorry, no heads or curare.

Two days in this sweltering jungle city are enough to prime most visitors for the 3½-hour flight down to Rio de Janeiro. Passengers on Varig, the Brazilian national airline, will stop on the way at Brazilia, Brazil's least popular city, at least among the country's own residents. What's wrong with the place? "Well," a former Brazilia resident says, "life isn't worth living to the average Brazilian unless he can go down to the corner bar every day for coffee. The problem is, Brazilia doesn't have any corners." So much for planned cities.

The first news to be gleaned upon arrival in Rio is the present state of the beach apparel—much more important to the Cariocas (as Rio citizens are called) than is the state of the economy. In fact, the two seem inversely related: As inflation grows, bikinis shrink.

The next act is to beat it down to the beach for a closer evaluation—which beach is immaterial. Ipanema is the most chic. Copacabana, a 2.8-mile-long sensuous curve of white sand, is most



Tourist-adventurers soak up Amazon ambience at the Tropical Hotel pool, away from the "crocs" and piranhas of the nearby Rio Negro.

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famous, and there are about a dozen more to choose from.

Copacabana Beach becomes Leme Beach at the far end of the Avenida Atlantica. There, on the left side of the street, across from the beach, a glass-front building with a long, green marquee announces Mariu's Churrascaria—a Brazilian barbecue restaurant where customers go to be overstuffed with every available kind of meat. If you enter this establishment, one guide to Rio cautions, "You'd better be hungry, or you won't survive." There's no need to order here; just be seated. The meal comes automatically. First, bowls and platters of side dishes arrive with tomatoes, French fries, peppers, and hearts of palm as big as artillery shells. Then, while diners are busy passing these around, a brigade of waiters marches in, carrying skewers laden with filets of beef and pork, ham, turkey, and chicken, and they slice the meat directly onto customers' plates. They return again and again until you cover your plate with your arms and beg them to stop. *Churrasco* is the most popular Rio lunch, and the reason, perhaps, that the Cariocas don't eat dinner until nine or ten.

Just one note about going out at night in Rio: If you notice your taxi driver is running red lights, don't be alarmed—no one obeys traffic signals here after dark.

Sooner or later, Rio's visitors are drawn to the Ipanema headquarters of H. Stern, Brazil's indefatigable merchandiser of gems. This company will do anything for a customer, including providing cab fare to its jewelry-making exhibit. There's no pressure to buy, beyond the alluring whiff of a bargain to be had. Most gems purchased in Brazil are appraised higher in the United States, providing they are authentic. Here, you get a written guarantee. Brazil supplies 90 percent of the world's gemstones—from emeralds to amethysts to tourmalines. Even the gold used in settings (all 18-karat) is mined in Brazil.

If you forget your credit card, H. Stern will honor a check, even one

continued on page 100

A Williamsburg Christmas

"In the evening, the whole city was illuminated. There was a Ball and very elegant Entertainment at the Palace, where was present a very brilliant Appearance of Ladies and Gentlemen."

—from the Virginia *Gazette*
Williamsburg, Virginia, 1755

It starts with the mighty roar of a cannon.

Candles shine from the windows of the Wythe House, Raleigh Tavern, and other historic landmarks. Costumed musicians sing madrigals and carols. Throngs dance in the streets. A sweet smell of hot apple cider penetrates the 20-degree air. There is no doubt in anyone's mind—it's Christmas time in Williamsburg.

During one fortnight, people from nearly every state in the Union trek to this restored former capital of His Majesty's royal colony of Virginia. Last year 20,000 visitors packed the 173 acres of the historic area, famous for 18th-century public buildings, homes, and craft shops.

The mid-December celebration begins with what is known as the "Grand Illumination." At exactly 5:15 on the designated evening, a fife-and-drum corps leads a crowd from Market Square, east on Duke of Gloucester Street, toward the old Capitol Building.

Suddenly, at 5:30, a cannon roars in Market Square. Immediately, candles come aglow from behind every window of the city as flames from tall cressets illuminate the weathered brick buildings and sidewalks. A recreation of 18th-century fireworks brings "oohs" and "aahs" from the crowd.

For the next two hours, the city is transformed into a colonial Never-Never Land. Even the most calloused onlooker, caught up in the holiday spirit, joins the thousands who surge into the streets.

Visitors and residents alike stare in awe at restored buildings decorated with simple materials available in the colony two centuries ago. Tinsel and foil are forsaken for imaginative arrangements of apples, lemons, limes, pineapples, pears, pomegranates, kumquats, and other produce and staples. A glazed loaf of bread, for example, is surrounded by holly and magnolia and hung on a front door; wreaths are made with dried flowers, pine cones, and even baked cookies. A garland of evergreen and apples provides a stately arch over a doorway. Evergreen trees are bedecked with handmade decorations. A scarlet bow against a clear blue sky adds a bright splash of color to a lamppost. Bruton Parish Church, with Christ-

The doorways are wreathed with apples and pine cones—and the faces of the crowd are wreathed with smiles—during Christmas at Williamsburg, a compleat introduction to the Christmas customs of our ancestors.

continued on following page

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GIVE YOURSELF THE MOST PRECIOUS GIFT OF ALL.

A complete supplement for women.

HEALTH

Calcium that's timed to work.

As a woman, you're probably aware that you need calcium to help prevent osteoporosis. The earlier you start the better. But there's so much more to good health than just that. The way you *take* calcium is extremely important. And your body has *other* nutritional needs—not just calcium.

Until now, there wasn't one supplement formulated specifically to fit a woman's needs at her different stages in life. That's why Dr. Penny Wise Budoff, one of the country's leading authorities on women's health and founder of the Penny Wise Budoff Women's Medical Center in Bethpage, Long Island, New York, developed *Vitamins for Women*.

Vitamins for Women is the first complete Calcium/Vitamin/Mineral supplement developed especially for women. It provides 23 vitamins and minerals (including calcium) to help protect and keep your body healthy. It's *all* the supplement you should need—in a medically balanced formula.

Vitamins tailored to your age.

Since your body changes as you age, and has different nutritional requirements, *Vitamins for Women* comes in two specialized formulas. "Over Age 40" and "Ages 14 to 40." Your body gets exactly what it needs—*when* it needs it.

Vitamins for Women were formulated to help prevent or alleviate some major women's health problems, including premenstrual syndrome, vitamin deficiencies caused by birth control pills, night leg cramps and osteoporosis, the 12th leading cause of death in the United States.

All the ingredients in *Vitamins for Women* are from natural bases. There's no sugar, starch or preservatives. The calcium is from pure oyster shell. The "Over 40" formula contains 1000 mg.; the "14 to 40" formula contains 650 mg., and both formulas contain 400 mg. of Vitamin D to help absorb and metabolize the calcium.

Uniquely, *Vitamins for Women* contains all the supplemental calcium you need for your age group. But *it's better not to take it all at one time.* That's why *Vitamins for Women* is divided into morning and evening doses. It allows for better absorption of the vitamins and better utilization of the calcium. Your "bedtime" calcium is especially important, because while you sleep your blood calcium drops and that's when your body "steals" calcium from your bones. Many women also feel the night formula helps them rest better.

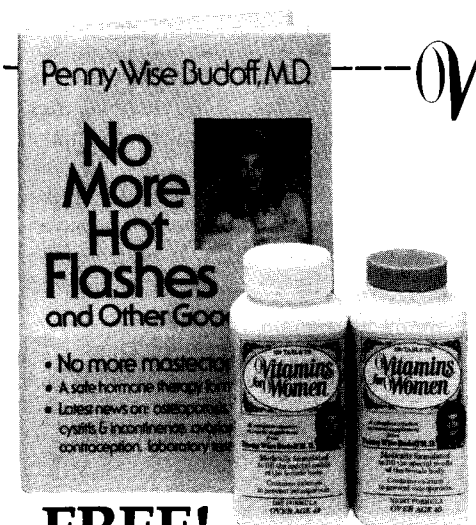
Altogether, *Vitamins for Women* is the most complete supplement you can take to protect your body and keep it healthy. And nothing's more important.

Two Tablets (Over 40 Formula) Contain:

DAY FORMULA				NIGHT FORMULA	
Vitamin A	5000 IU	Magnesium	100 mg	Vitamin E	200 IU
Beta Carotene	1 mg*	Bioflavinoids	100 mg	•Calcium	700 mg
Vitamin D3	400 IU	Rutin	10 mg	Magnesium	200 mg
Vitamin C	500 mg	Iodine	50 mcg		
Vitamin B1	20 mg	Iron	15 mg		
Vitamin B2	25 mg	Zinc	15 mg		
Vitamin B6	75 mg	Copper	1 mg		
Vitamin B12	50 mcg	Selenium	50 mcg		
Niacinamide	50 mg	Chromium	50 mcg		
Folic Acid	400 mcg	Manganese	5 mg		
•Calcium	300 mg	Biotin	25 mcg		

•Two day and two night tablets provide 1000 mg of Calcium.

*Represents 1,670 IU of Vitamin A activity



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Order *Vitamins for Women* now, and get Dr. Budoff's 262-page hardcover book (retail $14.95), FREE. It's a *New York Times* best-seller that includes chapters on breast cancer, urinary tract infections, contraception and hysterectomies. Simply enclose postage and handling costs of $2.75 per book.

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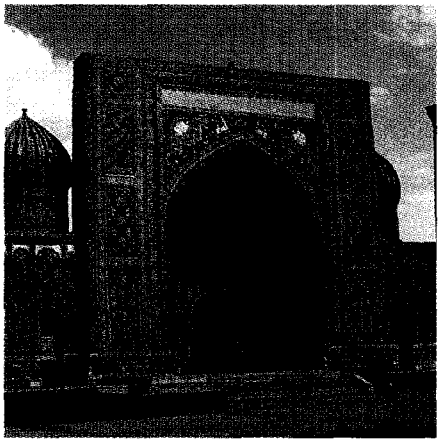
SATPT

Where in the World?

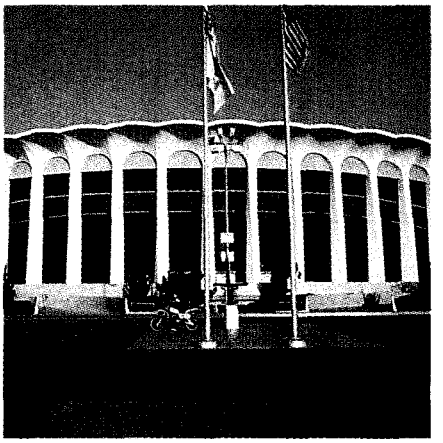
Wherein the Post *presents several items of topographical or architectural significance from around the world.*



A

- ☐ *Baghdad*
- ☐ *Samarkand*
- ☐ *Teheran*

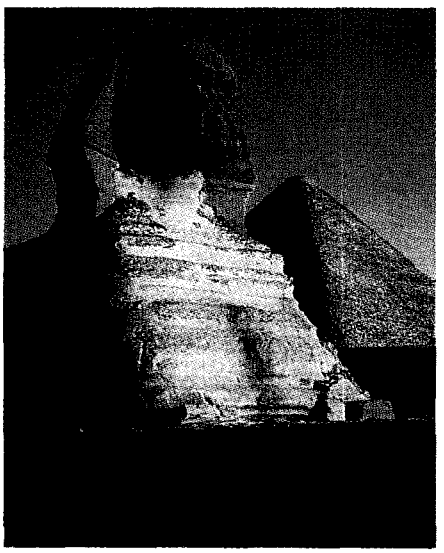
In this city Alexander murdered Cleitus; here also Genghis Khan conquered in oceans of blood, and here Tamerlane made his capital. Today the city and its Islamic architecture (mostly Tamerlane's) rest in comparative obscurity.



B

- ☐ *Minneapolis*
- ☐ *New York*
- ☐ *Los Angeles*

Another scene of great conquest—without the loss of life. National Basketball Association champions have ruled the roost here in 1972, '80, '82, and '85, powered by such warriors as Chamberlain, West, Jabbar, and Johnson.



C

- ☐ *Egypt*
- ☐ *Greece*
- ☐ *England*

Sophocles wrote of "The Sphinx/With her enigma"; centuries later, Shakespeare referred to the "subtle" Sphinx. The poets were drawing upon a legend that began with this now 4,500-year-old portrait statue of King Khafre as he would have looked with a lion's body, at least a body 66 feet high and 172 feet long.

D

- ☐ *Sudan*
- ☐ *India*
- ☐ *Bangladesh*

When Westerners "take the waters," it's nothing like the fervid devotion of these pilgrims, who lift handfuls of water to the rising sun in the name of an ancestor or a god. The worshipers descend ghats, or steps, to the banks of a sacred river.

Answers on page 102

mas greens and poinsettias, is a perfect setting for a concert.

Inside the halls of the capitol, a trio of musicians plays familiar carols on ancient instruments. Meanwhile, at the opposite end of town, madrigal singers interpret the Christmas story through 18th-century music, their refrains mellowed by distance. The aromas of hot cider spiced with cinnamon, of wood chips soaked in special oils, and of pungent wood smoke combine to fill the crisp night air with a holiday fragrance.

Finally, everyone feels the spirit of the season that radiates through the town, giving each participant a treasured memory to carry in the heart throughout the coming year.

Perhaps that is why many of last year's visitors plan to parade again down Duke of Gloucester Street on December 14 and eagerly wait to hear that roar of the cannon from Market Square. —*John McCollister*

Suggestions for Your Visit to a Williamsburg Christmas

1. *Dress warmly.* The subfreezing temperatures may be more than visitors from warmer climates expect.
2. *Wear comfortable shoes.* The favorite mode of transportation is still walking on the cobblestone streets and brick sidewalks. When it comes to footwear, the best advice is to eschew fashion for comfort.
3. *Make reservations early.* This is especially true if you plan to patronize the Williamsburg Inn or Williamsburg Lodge. Each year hundreds of visitors miss the opportunity to share a splendid dinner in a colonial atmosphere because they wait until the last minute to make plans.
4. *Take your camera.* At Christmas time Williamsburg is a haven for photographers. If possible, use color film to capture the rainbow of hues around every corner.
5. *Bring a spirit of good will.* The merriment of Williamsburg is a sharp contrast to the hustle and bustle of today's busy world. A healthy attitude goes far in giving you the chance to immerse yourself in this re-creation of the Christmas of a bygone era.

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WEALTH AND POWER

IN JUST 90 DAYS!

Dear Friend

Not to long ago I lost my business and along with it all of the money I had made in the last 10 years. It got to the point that I didn't even have enough money to pay for rent and of course my car was repossesed not to mention that I ended up in debt for over $200,000.00, and the list goes on.

PAY ATTENTION TO WHAT I AM GOING TO TALK TO YOU ABOUT, if you ever had any money and then suddenly lost it all, you know how I felt. If you don't have any money now or not enough to get by on, you know what I am talking about. It is a **horrible** feeling. My credit was shot, I lost all of my friends and my dreams became nothing more than a dream. The fact of the matter was that I was broke, very broke and that I was going nowhwere fast.

I am not trying to make you feel sorry for me, after all I got out of debt and in the last six months I have bought a brand new Rolls Royce, a boat and a house worth over half a million dollars and I paid for it all with cash, and I don't work more than four hours a day, from Monday to Thursday, best of all I don't have to answer to anyone and I have lots of time to do the fun things I enjoy. I am also NOT trying to impress you with my magic.

MY SUCCESS CAME AS THE RESULT OF MY RESEARCH INTO ALL OF THE THINGS THAT CAUSED ME TO MAKE MONEY PRIOR TO LOSING IT, except I have simplified them and it has only taken me six months to get back on my feet and make more money that I ever dreamed of. Had I not found the way to making money fast, god knows what would have happened to me and my family.

Today I enjoy a line of credit with my bank of $1,000,000.00 and I also own a couple of income properties, so that no matter what happens I will always have enough income to support my family and never have to work one more day of my life. All of this in eight months, not to bad for only sixteen hours work per week.

By now you are probably wondering if, YOU CAN DO IT TO! and frankly my friend it does not matter, what your education, social status, or position in life is, THE ONLY PREREQUISITE TO MAKE MY FORMULA WORK FOR YOU IS. . .THAT YOU HAVE TO WANT MORE MONEY THAN WHAT YOU HAVE NOW. It's Just as simple as that. You can be poor today and in three months from now you can have all the money and properties you want or need and most important of all you will have peace of mind and financial security for you and your family. My secret will change your life, and all you have to do is to put it to work for you.

THIS SECRET IS INCREDIBLY SIMPLE, anyone can use it and it takes practically no money to start. You don't need any special training or even a high school education. It does not matter how young or old you are and the beauty of it is that once, in motion it will work for you even when you are off vacationing somewhere. Let me tell you more about this fascinating money idea. WITH THIS SECRET THE MONEY WILL START ROLLING IN FAST, AND DEPENDING ON YOU, YOU MAY START CASHING IN ON IT OVERNIGHT. **If you can follow simple instructions you can get started in a single afternoon.**

WHY, YOU MAY ASK, AM I WILLING TO SHARE THIS SECRET WITH YOU? TO MAKE MONEY? Hardly. First I already have all the money and possessions I'll ever need, second I am not looking for anyone to compete with and third, nothing would be more satisfying to me than to find out that with my secret some one else was able to realize their dreams, with this Golden Opportunity and to get in on it quickly. **Besides, when I was flat broke and the world seemed to have come to an end I would have wished to have had some one share a secret like this with me.**

One of the best things about the whole idea is that you can do it at home in your spare time. You don't need equipment or an office. It does not matter where you live either. You can use this secret if you live in a big city or on a farm or somewhere in between. A GIRL ONLY 20 YEARS OLD USED MY SECRET AND HAS MADE OVER $60,000.00 IN JUST 90 DAYS, NOT TO MENTION THAT SHE HAS A NEW CAR AND A LINE OF CREDIT WITH HER BANK FOR $45,000.00.

You can use this secret no matter how old or how young you are. There is no physical labor involved and everything is so easy that all you need is to follow simple, easy, step by step instructions. I personally know a man that has made $100,000.00, was able to get a $150,000.00 interest free loan and $50,000.00 worth of insurance policy without paying a nickel for it, in just six months.

You will be able to raise $60,000.00 or more overnight for whatever you need to pay no interest on it. And best of all you can keep it for as long as you want.

With my money secrets, you never have to try to convince anyone of anything. My system has nothing to do with door-to-door sales, and telephone solicitation, some fancy real estate transaction or anything else that involves personal contact.

My secret is perfectly legal and honest. You will be proud of how you are making money, what you are doing and the valuable results.

It will take you about two hours to get the idea. After that everything is almost automatic. After you get started you will be able to maintain a steady pace and look for investments and perhaps even businesses to enhance your wealth.

PROOF

Are you skeptical? that simply shows your good business sense. Well here is proof from people who have put this amazing secret to use and have gotten all the money they ever desired, I am only using their initials for privacy. I have their testimonials in my files.

$19,000.00 in one month.

"All I can say is that your plan is great! In just one month I have seen more money go through my hands than ever before".

T.M., New York, NY.

$250,000.00 net worth in 120 days.

"I was able to raise over $500,000.00 in 120 days which gave me a net worth of just over $250,000.00".

M.L. Houston, TX

WHAT IS REQUIRED TO START? Nothing but my step by step detailed book. . .A person virtually without a shirt on their back could do it. You will of course have to put the plan into motion-but that is both fun and easy and totally accomplished from the comfort of your own home. (I must mention that, no one will come to your home).

Finally, let me make this clear. Once you have my book, THAT IS ALL YOU NEED TO GET GOING! I have nothing else to sell you, I got out of misery with it and if I did it so can you. "Your purchase of this extraordinary book is **NOT** a "foot in the door" to get you to buy some other expensive "course" or whatever. . .My book is all you need from me, and you'll be on your way.

As you can tell by now, I have come across something pretty good. I believe I have discovered the sweetest-big-money-making secret that you could ever imagine. **And remember I guarantee it.**

Most of the time, it takes money to make big money. This is the exception. With this secret you can start in your spare time with almost nothing. But of course, you don't have to start small or stay small. You can go as fast as you want and as far as you wish. The size of the empire you can build is up to you. I can't guarantee how much you will make with this secret but I'll tell you this. "SO FAR THIS AMAZING MONEY PRODUCING SECRET MAKES THE PROFITS FROM MOST OTHER IDEAS LOOK LIKE PEANUTS".

Now that I have completed explaining my secret money making book, you can be on your way to a better life. ORDER YOUR COPY NOW.

Do the only sensible thing. Send in your $10.00 and get started on your road to the bank.

I GUARANTEE IT!! **If after you get it, you don't think it can make you rich, send it back, and I will send you your money back.**

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The Post Reader Service Center

Jingle bells and holly, the ground covered with snow.
Candles and garland, lights brightly aglow.
Mugs of hot cider, their aroma fills the air,
The joys of the season, near or far, we all share.
Children's faces reflect the excitement of the day,
Whether sitting on Santa's knee or riding in a sleigh.
Greetings of the season, where love and joy are host,
Merry Christmas to all from the pages of the Post.

Colony Square Hotel, in the heart of **Atlanta**'s arts and theater district, has large, luxurious rooms and suites with elegant personal touches; 24-hour room service. Fine restaurants, lounges, and nightly entertainment. Extensive conference, meeting, and banquet facilities. Swimming pool, health club, and racquetball available. Find out more—circle **31**

Saint Simon's Destination represents the island's finest oceanfront condominium resort. Enjoy all the island has to offer—golf, tennis, bicycle riding, beaches—while staying in a luxurious one-, two-, or three-bedroom condominium. Call (912) 638-5450, or circle **32**

Quality Inn Buccaneer offers quality accommodations at a quality price. Jekyll's beautiful oceanfront resort offers fine dining, spacious rooms overlooking the Atlantic, and a variety of hotel and island activities. Special daily, weekly golf rates available. Plan today; circle **33**

Georgia's Colonial Coast—Golden Isles of Georgia. Jekyll Island, Saint Simon's Island, Sea Island. Three islands and a port city. Beaches, history, golf, and shopping. Color brochures and maps free; circle **34**

Step on the award-winning paddle wheeler ***Creole Queen*** and let the Mississippi River take you back in time. Cruise past historic Jackson Square, the bustling port, and ante-bellum homes to the site of the Battle of New Orleans. At night, a Creole dinner buffet and Dixieland band spice up the skyline. Circle.....**35**

Experience living history in **Savannah**, the nation's largest national urban-landmark historic district and **Georgia**'s mother city. Vacation-planning packet of brochures offers beach, city, and inn accommodations, and restaurants, sightseeing, and recreation maps. For free Savannah packet, circle **36**

Hidden Mountain Resort, located in the Pigeon Forge-Gatlinburg area, is minutes from Dollywood. Completely equipped individual homes include linens, utensils, fireplace, central heating, and AC, with or without hot tub and waterbed. Whether you're planning a honeymoon or a getaway for the family, we have a mountain hideaway for you. Learn more—circle **37**

Cruise exciting destinations, including the **Caribbean, Bermuda**, the **Bahamas, Alaska, Mexico**, the **Mediterranean**, and **Hawaii**. Many savings, group discounts available. AAABCO, the cruise specialist. Circle.....**38**

Daytona Beach, just for the fun of it! Glistening beaches, great entertainment, golf, tennis, jai alai, greyhound racing, championship motor racing. Florida's best family-vacation resort is close to Walt Disney World, Epcot Center, and more. Find us along I-95 at I-4. For more information, circle **39**

Cruise the **Caribbean** the big ships can't, with an intimate group of only 100 fellow passengers. The *Colonial Explorer* is designed to recreate the style and ambience of the elegant steamer-class era but with modern comfort. Unbeatable itinerary features nine U.S. Virgin Islands ports in seven days. For free brochure, circle **40**

Come discover **5600** and find yourself. Restaurant, boat slips, and more. Fully furnished one-bedroom convertible rental apartments. (Includes linens and housewares.) Just steps from the ocean—magnificent views. 5600 Collins Avenue, Miami, Florida. A VMS property. More information available; circle **41**

Charleston, South Carolina—This beautiful and historic seaport city is a year-round resort. Horse-drawn carriages, museums, forts, antique shops, historic homes, plantations, beach resorts, luxury hotels to charming inns, and outstanding restaurants. For free color brochure, circle.....**42**

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If you would like information for any of the offers above and the response card is missing, circle the entry or entries that interest you, tear out this page, and send it with your name and address to: The Saturday Evening Post, *P.O. Box 2810, Clinton, IA 52735-2810. Any checks or money orders should be payable to* The Saturday Evening Post. *Also include 50¢ for postage and handling—U.S. currency only. These offers expire February 16, 1987.*

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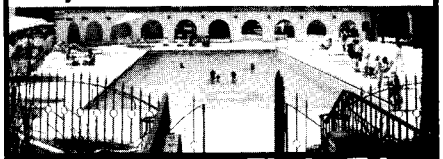

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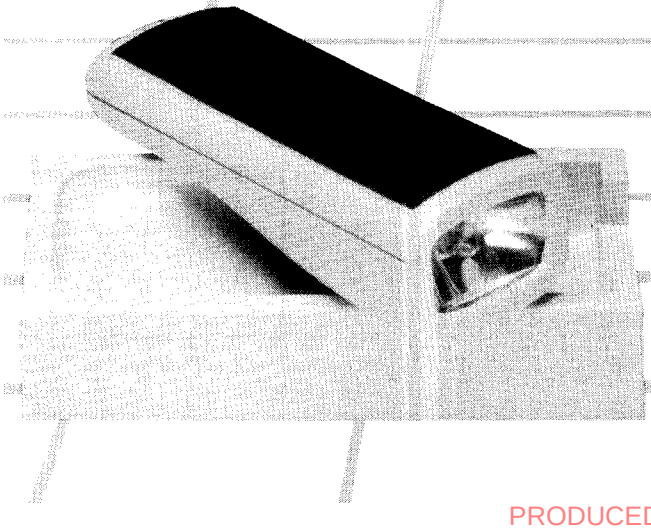

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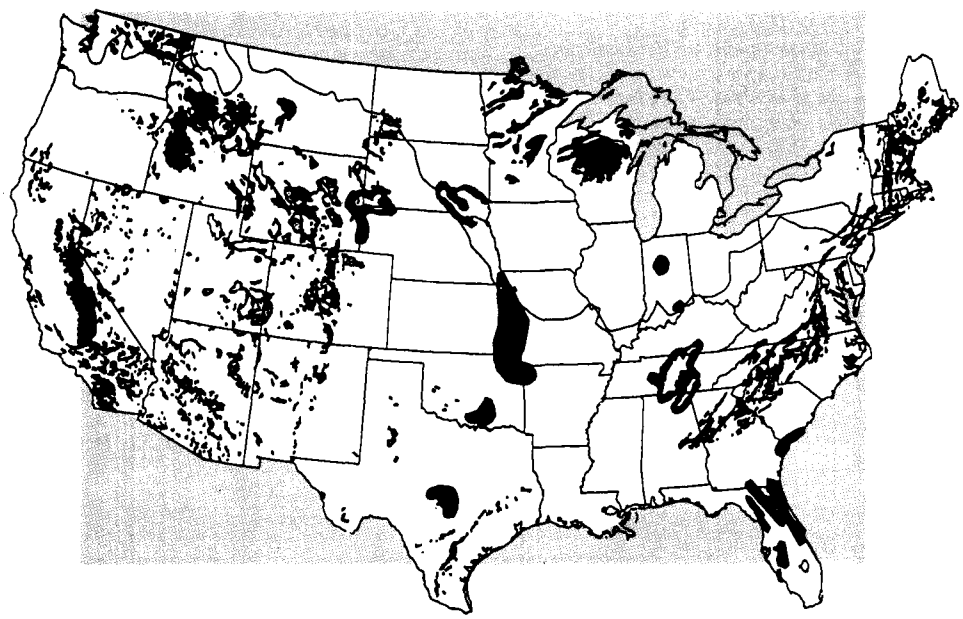
Radon Gas in Your Home Can Kill You!



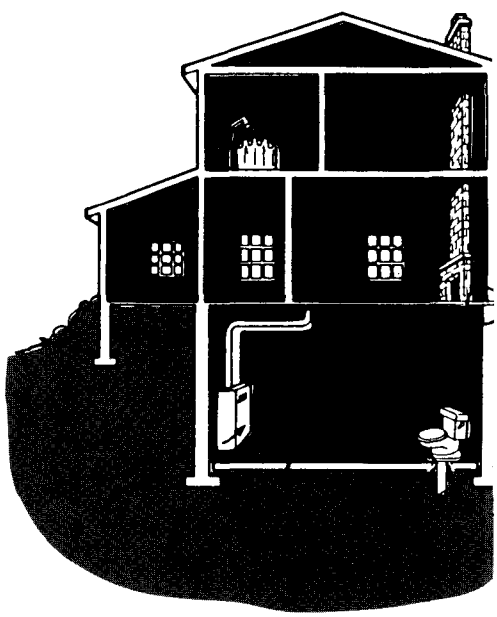
Radon gas primarily enters the home from the soil. Testing for radon-emitting soils in this country is incomplete. Just because you do not live in a shaded area does not mean your home is safe from radon contamination.

Radon—a naturally occurring radioactive gas—is believed to cause 5,000 to 20,000 deaths per year in the U.S. and is the leading cause of lung cancer in nonsmokers. This odorless, colorless, and tasteless gas may contaminate as many as 8 million homes in America. These figures were announced last August by the Environmental Protection Agency (EPA). Radon has been detected in significant amounts in nearly every state in the nation.

Radon is an indoor problem. Levels of radon gas found out-of-doors are not harmful. Homes in areas where radon is emitted by the earth tend to concentrate the gas, making it lethal. Radon gas is measured in units called "picocuries per liter" (piC/l). The EPA recently announced that as many as one out of eight homes in America may exceed the 4 piC/l limit that it has set as the action level for radon exposure. Living in a home with just 4 piC/l carries a 3 to 4 percent risk of dying from lung cancer over a lifetime exposure.

Because of this risk, the SatEvePost Society wants all of its members to test their homes for radon gas.

Offered below is a radon detector that will help you do this. The detector is an activated charcoal type and resembles a large tea bag. The detector is designed to be opened, left in your home for three days, and then sent to



(Above) Almost any opening which goes through the foundation wall or slab is a potential radon entry point. (Right) Fan depressurization equipment has proven itself to be an excellent tool to pinpoint where radon may be entering a building. By depressurizing the home with the "door fan" and using chemical tracer smoke, it is possible to make this invisible problem visible.

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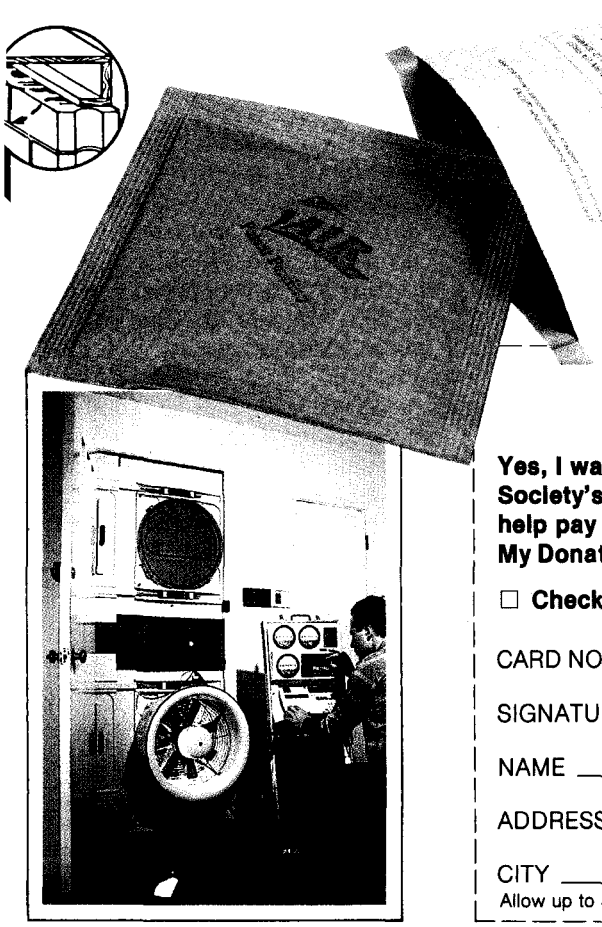
Together we have made a difference. Your continued support will enable us to explore more ways in which to relieve humanity of painful afflictions and premature deaths.

a laboratory for analysis. Even if your home tests negative for radon, you will be helping us in our effort to locate problem areas. With your help, the *SatEvePost* hopes to establish the largest testing program in the country. Computer-generated test results will be sent to your home within 24 hours after Alpha Energy Laboratories of Dallas, Texas, receives your "exposed" detector. (Alpha Energy Labs will charge you $8.95 for the analysis.)

Your results will be held in strictest confidence. Our map of radon problem areas will be based on zip codes only. This map will be made available to the Centers for Disease Control and the EPA.

If you discover high levels of radon gas in your home, professional help can be found. Radon contamination can be brought down to acceptable levels by sealing the radon entry points and circulating more outside air into your home.

This month, the Society is giving a free EPA-approved radon detector (processing not included) to all of our supporters who contribute to our research efforts. Testing your home for radon is the only way to be certain you do not have a problem. Why take a chance? Send for your radon detector now.



The most common method of detecting radon is the activated carbon retention method.

The Saturday Evening Post Society
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Yes, I want to test my home for radon gas contamination. Please send the Society's medical gift kit. I am enclosing a tax-deductible contribution to help pay for medical research.
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Brazil

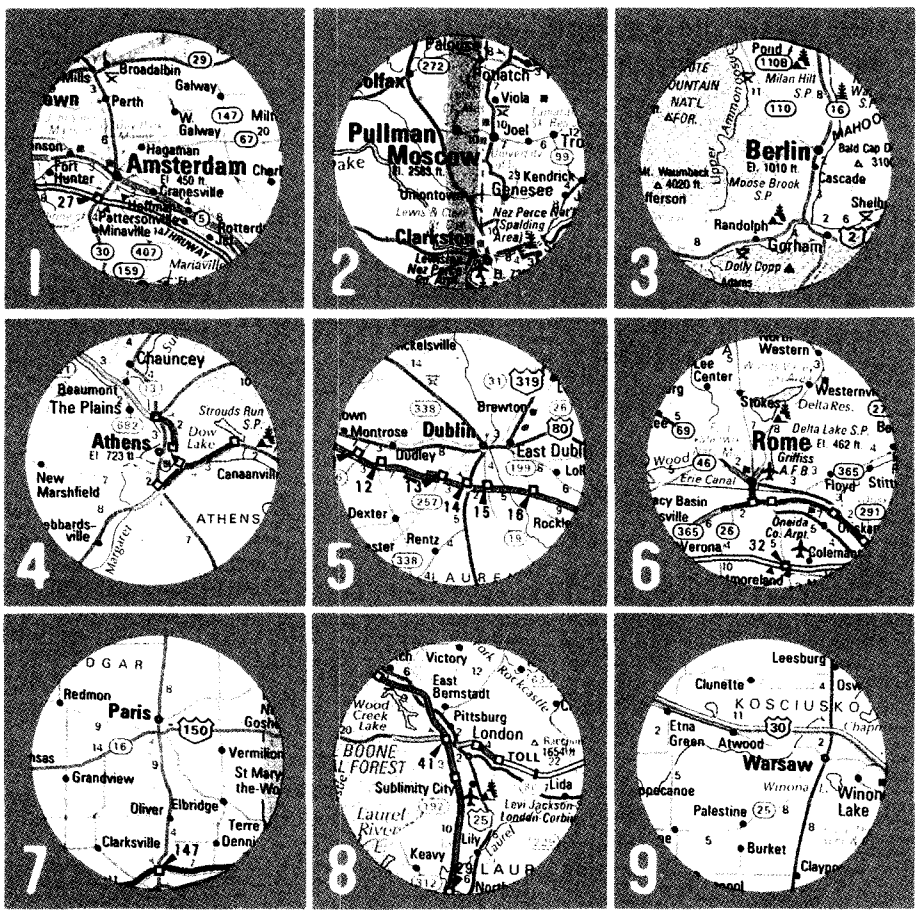
continued from page 92

written on a grocery bag, and, a year later—and every year thereafter—you'll receive a thank-you letter from Brazil. H. Stern never forgets a customer. One woman lost a stone from its setting several weeks after returning to the States. H. Stern replaced it—no charge.

But beware, such lofty business ethics are not standard practice in Rio, even though the 99-foot-tall statue of Christ the Redeemer is there, visible from all parts of the city, to remind folks how they should act.

Exactly how religion affects these people is a matter for speculation. A Rio journalist told me Brazilians are 95 percent Catholic and 85 percent *macumba*—a strange blend of Catholicism and African fetishism that apparently emphasizes luck more than faith. The prevalence of *macumba* explains why, in addition to the Gideon Bible in my room at the Rio Intercontinental Hotel, I also found a little booklet marked "Fita Do Senhor Do Bonfim." Inside, a yellow ribbon was inscribed "Ribbons of Our Lord of Bonfim," and instructions in five languages read: "The ribbon should be winded [*sic*] three times around your left wrist and tied in three knots, each knot representing a wish which should be made. When the ribbon breaks, your three wishes will have come true." The ribbon, it further explained, is the length of the arm on the statue of the "said-to-be-miraculous 'Our Lord of Bonfim,' which can be found in the church of the same name in Salvador, Bahia," a city in northeastern Brazil.

I asked a hotel employee about the ribbons. One wish most people make, she said, is that they will be able to come back to Rio de Janeiro very soon.



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Where do you think you are?

East or West, North or South, each of the distinctive areas above appears on the map of a single state, province, or territory. In terms of routes, state parks, mountains, and memorials, there is, as the saying goes, "no place like it." Can you identify these locations? (Hint: Looking these up in an atlas is a capital idea.) If you or a friend finds the game too easy (but you won't), use the hint to discover the theme of this month's map game.

(Answers on page 102)

Making of a Coach

continued from page 47

by another Miami "alum": Bill Mallory of Indiana.

A newly opened pipeline between the pro leagues and the campus has triggered a reverse flow: Retiring players come back to coach, and with better-than-average success. Joe Morrison, Bill Curry, Ray Perkins, and Joe Kapp all spent long careers as professionals: Defying the trend stressed above, all had been stars of some caliber. Morrison has brought new prosperity to South Carolina. Both Curry and Perkins returned to their alma maters, Georgia Tech and Alabama, respectively. Kapp came home to the old school to coach the California Bears, but not all has gone well.

This is not to say that greatness as a player always stands in the way of greatness as a coach. Bud Wilkinson, a star at Minnesota, was later a coaching legend at Oklahoma. Bobby Dodd, an all-American at Tennessee, was later a coaching legend at Georgia Tech. Johnny Majors, a few votes away from winning the Heisman Trophy as a halfback at Tennessee in 1956, has since coached a national champion at Pitt and a conference champion back where he was "Mr. Touchdown."

Of all Heisman winners, though, only one has been a college-football head coach. John David Crow, who won the statue in '57, later coached football at Northeast Louisiana, though not for long.

The most prolific winner of all college coaches came from farthest back in the pack. Eddie Robinson played college football at Leland, a small school in Louisiana where football is no longer played. He has won all his 329 coaching victories at Grambling State University. True, several of his victories have been over less-than-recognizable names, but when he put

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his team on the field it was presumed to be among equals.

In fact, you would not recognize Grambling by its old name today, and a story goes with that. While Robinson was still a young coach, the president of the school went before the Louisiana legislature and pleaded to have the school's name changed from "Louisiana Normal and Industrial Institute." "Gentlemen," he said, "last week we were playing an opponent who had our team backed up to our own ten-yard line. Our cheerleaders started to lead our students in a cheer, begging our team to hold that line.

"Before they could get out the cheer, 'Hold that line, Louisiana Normal and Industrial Institute,' the other team had already scored."

The compassionate legislature allowed the change, and that is why today Grambling is Grambling.

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The Christmas Story

continued from page 42

unlikeliest of places—His own ostensible birthplace in the crypt of the Church of the Nativity in Bethlehem.

Looking for Jesus in history is as futile as trying to invent a yardstick that will measure infinity, or a clock that will tick eternity. God moulds history to His purposes, revealing in it the Fearful Symmetry which is His language in conversing with men; but history is no more than the clay in which He works. Who would look for Michelangelo's Pietà in the quarry where the marble to make it was procured? Or for Shakespeare's King Lear in history? If this is true of mortal genius, how much more so when the artist is God Himself, concerned to send us a self-portrait in the lineaments, and using the language of mortality to open up for us new vistas of hope and understanding.

This was the Incarnation, described in the opening words of the Fourth Gospel, in a passage surely among the greatest ever to be written at any time or by any hand. From its triumphant opening: "In the beginning was the Word, and the Word was with God, and the Word was God," to its beautiful and comforting conclusion: "And the Word was made flesh, and dwelt among us. . .full of grace and truth," it conveys with perfect clarity why the Incarnation had to be, and what it meant for mankind, at the time and forever after.

So the story of Jesus has to begin with the Incarnation; without it, there would be no story at all. Plenty of great teachers, mystics, martyrs, and saints have made their appearances at different times in the world and lived lives and spoken words full of grace and truth, for which we have every reason to be grateful. Of none of them, however, has the claim been made, and accepted, that they were Incarnate God. In the case of Jesus alone the belief has persisted that when He came into the world God deigned to take on the likeness of a man in order that thenceforth men might be encouraged to aspire after the likeness of God, reaching out from their mortality to His immortality, from their imperfection to His perfection.

It is written in the Old Testament that no man may see God and live; at the same time, as Kierkegaard points out, God cannot make man His equal without transforming him into something more than man. The only solution was for God to become man, which He did through the Incarnation in the person of Jesus. Thereby, He set a window in the tiny, dark dungeon of the ego in which we all languish, letting in a light, providing a vista, and offering a way of release from the servitude of the flesh and the fury of the will into what Saint Paul called "the glorious liberty of the children of God."

This is what the Incarnation, realised in the birth of Jesus, and in the drama of His ministry, death, and Resurrection, was to signify. With it, Eternity steps into Time, and Time loses itself in Eternity. Hence Jesus; in the eyes of God, a man, and in the eyes of men, God. It is sublimely simple; a transcendental soap opera going on century after century and touching innumerable hearts; from some bleak, lonely soul seeking a hand to hold when all others have been withdrawn, to vast concourses of joyful believers singing their glorias, their Kyries, their Misereres. There have been endless variations in

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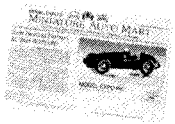

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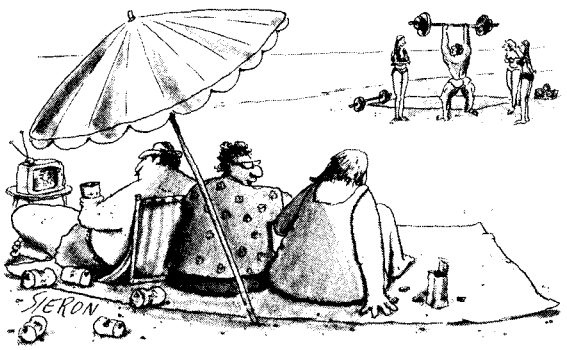
the script, in the music, in the dialogue, but one thing remains constant—the central figure, Jesus.

After the great Jehovah before whose wrath even the Gentiles bow down, the Lamb of God; after the immutable Law handed down to Moses from on high, grace and truth embodied in a Gospel of love; after the Creation, the Incarnation, when the momentous announcement: *Fiat lux!* which begins our human story finds its fulfillment in another: *Ecce homo!* Let there be Light!, and then, Behold the Man! With the Light came the universe, and all its creatures, illimitable space to be explored, and the tiniest atoms to be broken down into yet tinier ones. With the Incarnation came the Man and the addition of a new spiritual dimension to the cosmic scene. The universe provides a stage; Jesus is the play.

The exigencies of the play require that His birth shall be both miraculous and ordinary. Wise Men attend it, and also shepherds; a new star announces it, and yet it takes place in the lowliest of circumstances—in a manger, with the beasts of the field housed there looking on expressionlessly as Jesus emerges from his mother's womb. Gifts of gold, frankincense, and myrrh signify a royal birth, the coming of a prince of the House of David; the homely greetings of the shepherds welcome a friend of the poor, the lowly, and the oppressed—a man for others.

Similarly, Mary, in delivering Incarnate God into the dangerous world, has to be, at once, the most radiant and warm-blooded of mothers whose breasts gush with milk, and a virgin untouched by any sensual hand or carnal experience. The Holy Child has to come, fleshly, out of her flesh, and, at the same time, not through fleshly processes. As she proclaims in her Magnificat, God has regarded her lowliness and made her blessed in the eyes of future generations, by bestowing upon her the inestimable privilege that in her womb the Incarnation happens.

Until comparatively recent times, Christians found little difficulty in combining these two themes of perfect motherhood and perfect virginity. The Madonnas of the Middle Ages, endlessly painted, sculptured, celebrated in verse and prose and plainsong, are glowingly alive without being involved in our human concupiscence. One comes across them in obscure churches as in great cathedrals and abbeys—faces of transcendental beauty that are also enchantingly homely, and even droll, in wood and stone and marble, with candle flames flickering in front of them and flowers heaped before them, and figures kneeling, touched with wonder. Such faces, blending physical and spiritual beauty into a sort of celestial coquetry, are likewise to be seen among nuns—or were until they put aside their habits and rules to follow Demas and the fashions of this present world.



"Howard says that real *men only pump aluminum—lots and lots of aluminum!"*

In humanistic times like ours, a contemporary virgin—assuming there are any such—would regard a message from the Angel Gabriel that she might expect to give birth to a son to be called the Son of the Highest as ill tidings of great sorrow and a slur on the local family-planning centre. It is, in point of fact, extremely improbable, under existing conditions, that Jesus would have been permitted to be born at all. Mary's pregnancy, in poor circumstances, and with the father unknown, would have been an obvious case for an abortion; her talk of having conceived as a result of the intervention of the Holy Ghost would have pointed to the need for psychiatric treatment and made the case for terminating her pregnancy even stronger. Thus our generation, needing a Saviour more, perhaps, than any that has ever existed, would be too humane to allow one to be born; too enlightened to permit the Light of the World to shine in a darkness that grows ever more oppressive.

To a 20th-century mind the notion of a virgin birth is intrinsically and preposterously inconceivable. If a woman claims—such claims are made from time to time—to have become pregnant without sexual intercourse, no one believes her. Yet for centuries millions upon millions of people never doubted that Mary had begotten Jesus without the participation of a husband or lover. Nor was such a belief limited to the simple and unlettered; the most profound and most erudite minds, the greatest artists and craftsmen, found no difficulty in accepting the Virgin Birth as an incontestable fact—for instance, Pascal, who in the versatility of his gifts and the originality of his insights was regarded as the Aristotle of his time.

Are we, then, to suppose that our forebears who believed implicitly in the Virgin Birth were gullible fools, whereas we, who would no more believe in such notions than we would that the world is flat, have put aside childish things and become mature? Is our scepticism one more manifestation of our having—in Dietrich Bonhoeffer's unfortunate phrase—come of age? It would be difficult to support such a proposition in the light of the almost inconceivable credulity of today's brainwashed public, who so readily believe absurd-

WHERE DO YOU THINK YOU ARE?

(Answers from page 100)

(Theme: European capitals)

1. New York	4. Ohio	7. Illinois
2. Idaho	5. Georgia	8. Kentucky
3. New Hampshire	6. New York	9. Indiana

WHERE IN THE WORLD?

(Answers from page 94)

A. Situated on the ancient trade route between the Middle East and China, Samarkand is one of the oldest cities in the world. It now lies within the borders of the U.S.S.R.

B. The fabulous Forum, the home of the Lakers seats more than 17,000 basketball fans in Inglewood near Los Angeles, California.

C. The Great Sphinx sits in the Egyptian desert near another architectural marvel of the ancient world, the pyramids of Giza.

D. The Hindus of India consider the Ganges to be a sacred river. Varanasi, formerly Benares, is located on the Ganges; it is India's holiest city. One million Hindu pilgrims visit annually.

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ities in advertisements and in statistical and sociological prognostications before which an African witch doctor would recoil in derision.

With Pascal it was the other way round; while accepting, with the same certainty as he did the coming of the seasons, the New Testament account of Jesus' birth, he had already seen through and scornfully rejected the pretensions of science. Now, three centuries later, his intuition has been amply fulfilled. The dogmatism of science has become a new orthodoxy, disseminated by the media and a State educational system with a thoroughness and subtlety far exceeding anything of the kind achieved by the Inquisition; to the point that to believe today in a miraculous happening like the Virgin Birth is to appear a kind of imbecile, whereas to disbelieve in an unproven and unprovable scientific proposition like the theory of evolution, and still more to question some quasi-scientific shibboleth like the population explosion, is to stand condemned as an obscurantist, an enemy of progress and enlightenment.

Through the eye of faith, then, Jesus is seen as, at once, God and Man, as Mary is seen as, at once, Virgin and Mother. Suddenly, almost with a click, like a film coming into sync, everything has meaning, everything is real; the meaning, the reality, shine out in every shape and sound and movement, in each and every manifestation of life, so that I want to cry out with the blind man to whom Jesus restored sight: "One thing I know, that, whereas I was blind, now I see." How, I ask myself, could I have missed it before?

Wherever and in whatever circumstances Jesus was born, there was, we may be sure, a real baby, wrinkled and wizened and full of wind, as babies are, and a doting mother to offer her breast and look down with pride and joy at the tiny head of the little creature ardently sucking at it. Though in our time motherhood has been greatly devalued, and the sick phrase "unwanted child" been given currency, it still remains true, as any nurse or gynaecologist will confirm, that it is extremely rare for any child at the moment of birth to be other than wanted in its mother's eyes.

Once when I was in Calcutta with Mother Teresa she picked up one of the so-called "unwanted" babies which had come into the care of her Missionaries of Charity. It had been salvaged from a dustbin, and it was so minute that one wondered it could exist at all. When I remarked on this, a look of exultation came into Mother Teresa's face. "See," she said, "there's life in it!" So there was, and suddenly it was as though I were present at the Bethlehem birth, and the baby Mother Teresa was holding another Lamb of God sent into the world to lighten our darkness.

If God chose to become Incarnate as Jesus, then His birth, whatever marvels may have accomplished it, must have had the same characteristics as any other, just as, on the Cross, the suffering of the man into whom the Bethlehem child grew must have been of the same nature as that of the two delinquents crucified beside Him. Otherwise, Jesus' humanity would have been a fraud, in which case, His divinity would have been fraudulent, too. The perfection of Jesus' divinity was expressed in the perfection of His humanity, and vice versa. He was God because He was so sublimely a man, and Man because, in all His sayings and doings, in the grace of His person and words, in the love and compassion that shone out of Him, He walked so closely with God. As Man alone, Jesus could not have saved us; as God alone, He would not; Incarnate, He could and did. ✠

Christmas Visitation

continued from page 63

twitch his fingers in nervous anticipation.

"The court declines to grant custody to either Mr. or Mrs. Little. Recognizing that the court has no right to grant custody to Patrick's grandmother, the court will hereby turn Patrick over to the county youth authorities until the court can decide this question *after* Christmas recess." O'Brien looked solemnly to Clarence, then smiled knowingly. "However, since the county youth advocate has gone home—or to a party—the court will turn Patrick over to the sheriff—who will in turn see that the boy is retained in the custody of the court. The court is spending Christmas at home, with Patrick and his grand-

continued on page 110

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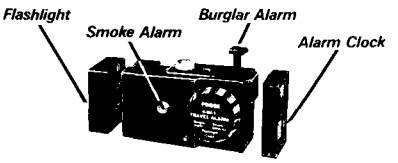

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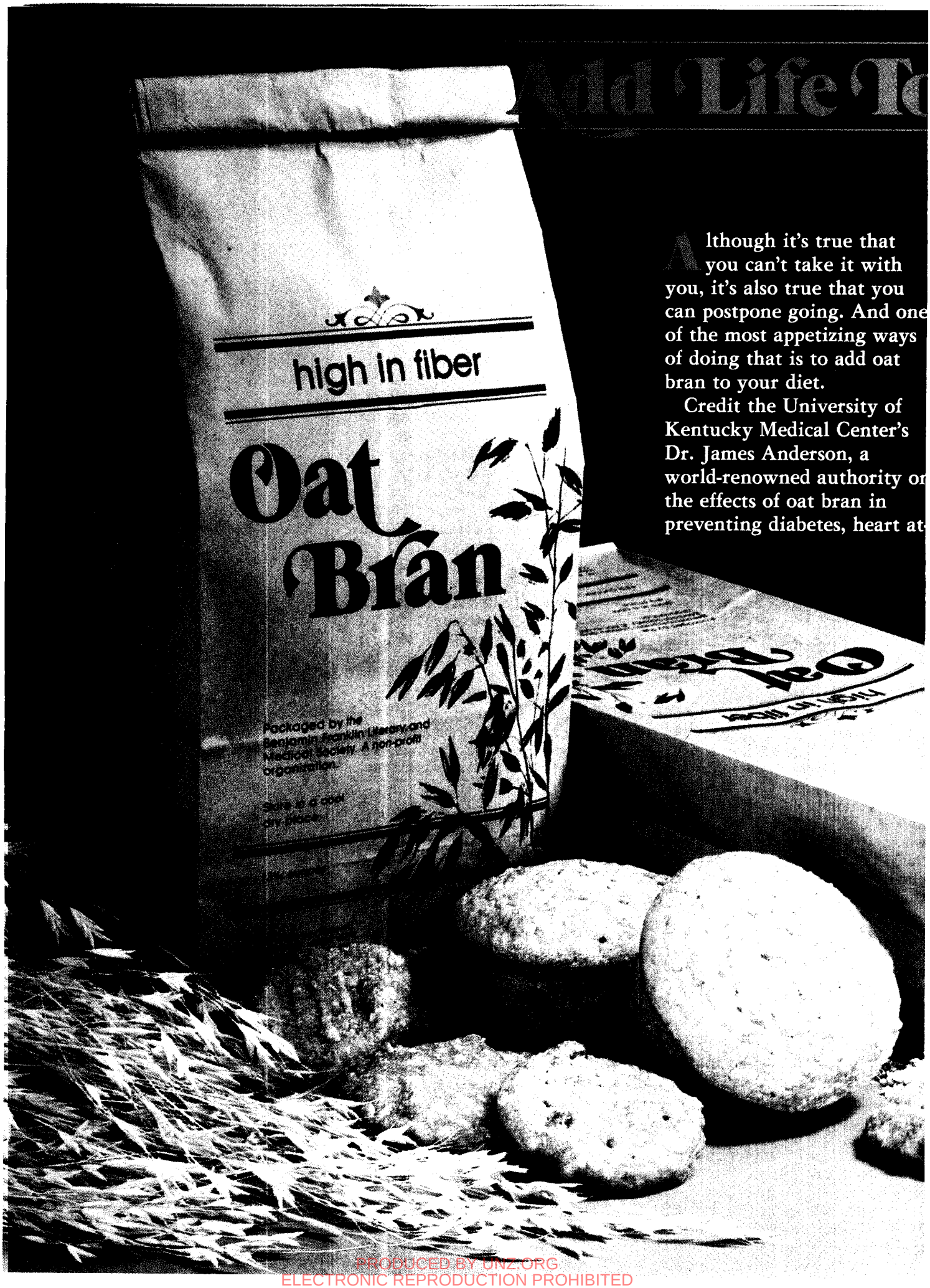
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Add Life To

Although it's true that you can't take it with you, it's also true that you can postpone going. And one of the most appetizing ways of doing that is to add oat bran to your diet.

Credit the University of Kentucky Medical Center's Dr. James Anderson, a world-renowned authority on the effects of oat bran in preventing diabetes, heart at-

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our Christmas

with our oat bran and

acks, and strokes, for sug-esting this new lease on life.

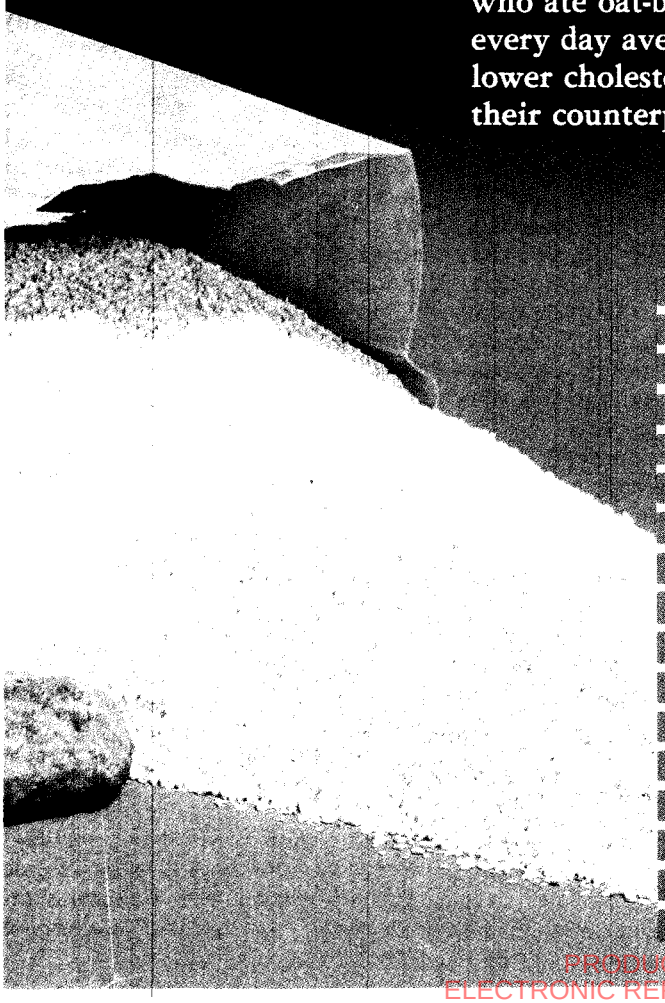
"Oat bran is high in solu-le fiber, which is especially ood for lowering the LDL holesterol, the villain in lood vessels," Dr. Anderson xplains. (High LDL precedes eart attacks and strokes.) Eight years ago," he says, we began testing oat bran to ower the cholesterol of men who had high blood choles-erol. We found that when hese participants ate oat ran it reduced their blood holesterol by 20 percent. That would reduce their chances for a coronary by more than 40 percent."

Dr. Anderson further points out that this type of fiber also "smooths out" diabetics' blood-sugar levels and prevents their sharp peaks of vitality and valleys of depression, as well as those nervous feelings between meals.

And you don't have to be old or sick to benefit from oat bran. A study of healthy students at the Massachusetts Institute of Technology revealed that young men who ate oat-bran muffins every day averaged 5 percent lower cholesterol levels than their counterparts who ate wheat-bran muffins. Said Dr. Anderson, "That's a 10 percent less chance of having a coronary." So if it is cholesterol-lowering that you're after, don't forget the oats.

Many of our readers write that they still can't find oat bran after we have been touting it on TV and in the *Post*. Until such time as it's readily available to all, we've decided to bag it up for you in our sturdy, lined brown-paper sacks. To your good health!

Send your contribution today and we'll immediately ship a bag of high-fiber oat bran and free oat-bran cookie recipes that will make the most healthful, tastiest Christmas cookies ever.



The Saturday Evening Post Society
P.O. Box 567, Indianapolis, IN 46206

Yes, I want to add high-fiber oat bran to my diet. Please send me a bag along with a free copy of high-fiber oat-bran cookie recipes. I'm enclosing a contribution to the medical research for:

☐ Cancer prevention ☐ Heart disease

My donation $5____ $10____ $15____ other____

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MEDICAL MAILBOX
by Cory SerVaas M.D.

Exercise and temperance can preserve something of our early strength even in old age.—Cicero (106-43 B.C.)

Our Friend Jerry

Dear Dr. SerVaas:

As you know by now, your September '86 article highlighting Gerald Malky and family is a continuing miracle. Consider this a very special thank you as both articles have saved the life of a very special human being and friend. Jerry has been a friend of my husband and mine for just a few short years; however, Jerry has the ability to warm the inner workings of one's heart quickly.

Without the first article, we would not have had the opportunity to have the cherished friendship of Jerry and Arlene. The second article renews one's belief in a Supreme Being.

Suzanne McClure
Champion, Pennsylvania

Yeast-Infection Solution

Dear Dr. SerVaas:

This is for "Anonymous, Saint Petersburg, Florida" (Oct. '86), who has suffered from a yeast infection for years. Buy acidophilus capsules; they are very reasonably priced. Take eight capsules a day (two at a time) for eight days. They are not harmful, and they can be taken again whenever necessary. I am a secretary in a school system, and professional women as well as others have taken this for yeast infection. No more doctor bills or expensive prescription drugs. It works!

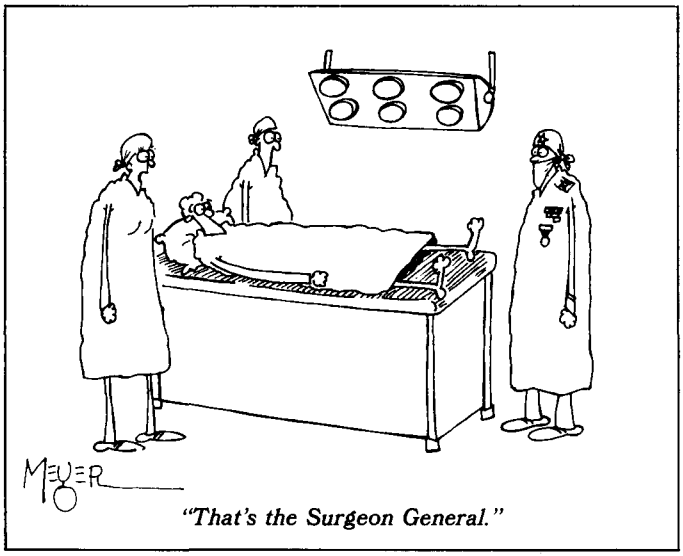
Mrs. LaVonda Leesburg
Wheelersburg, Ohio

No More Blisters

Dear Dr. SerVaas:

For many years I suffered with herpes simplex. After listening to your program on eliminating foods like nuts (which I love), beans, peanut butter, and taking L-lysine, I proceeded to do so. Many months have passed, and I have not had one occurrence of mouth or lip sores, or blisters. Thank you for educating me on this unsightly, embarrassing problem.

Bill Wilson
West Palm Beach, Florida



"That's the Surgeon General."

Dangers of Dolomite

Dear Dr. SerVaas:

Several years ago there was concern about lead in dolomite. Since dolomite is an inexpensive source of both calcium and magnesium, I would like to know if the concern about lead was justified or if it is safe to take dolomite powder.

I would appreciate an answer to my question. Thank you for your time.

Mrs. D.C. Snyder
Longmont, Colorado

Dr. H.J. Roberts has done considerable research on the use of dolomite powder and bone meal as supplemental sources of calcium and magnesium. His findings indicate that both dolomite and bone meal are contaminated with lead, arsenic, mercury, and other toxic metals, potentially endangering those individuals who use these supplements.

"In seeking an explanation for the unexpectedly high concentrations of lead, arsenic, mercury, and aluminum in the hair of patients with neurologic and other disorders, I found that some were taking considerable amounts of dolomite," Dr. Roberts said.

"This source of potentially toxic metals should be considered when health-conscious patients have unexplained medical disorders," he added.

"Many pregnant women ingest dolomite as a source of calcium. Some obstetricians and gynecologists recommend it during pregnancy and for menstrual cramps. (The lead in dolomite and other substances can cross the placenta, having been detected in the umbilical-cord blood of newborns.) Dolomite has been given to children with milk allergy and to those with learning disability suspected of having milk intolerance," he said.

Dr. Roberts reported in the *Southern Medical Journal*, Volume 76, No. 5, May 1983: "The potential danger to the public health by indiscriminately promoted dolomite and bone meal contaminated with lead, arsenic, mercury, and other toxic metals can no longer be ignored."

Based on these findings, dolomite is not recommended as a safe source of calcium and magnesium.

Lysine Questions and Answers

Dear Dr. SerVaas:

I have recently learned of a woman who has been diagnosed as suffering from chronic mononucleosis, or chronic Epstein-Barr virus (E.B.V.) infection. Her symptoms include fatigue, low-grade fever, intermittent abdominal

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ɔain, joint aches, sore throats, and depression.

It is my understanding that Epstein-Barr virus is a mem-ɔer of the herpes family of viruses, the same viruses that :ause chicken pox, shingles, genital herpes, and cold sores.

My purpose in writing to you is to ask your opinion as to whether or not the oral use of L-lysine by this woman may ılleviate her symptoms. I am writing to you because I have ead with great interest the many letters and articles in *The Saturday Evening Post* that have described how effectively L-lysine has helped so many people with infections with he herpes family of viruses.

Would you please favor me with a response?

May I suggest that you consider for publication in *The Saturday Evening Post* an article about chronic mono-ıucleosis or chronic Epstein-Barr virus infection?

Thank you in advance for your cooperation.

John F. Corey
Ellsworth, Wisconsin

Dear Dr. SerVaas:

I have a patient and close friend who is a 70-year-old nale with sinus histiocytosis and massive lymphadeno-ɔathy. He has large lymph nodes, which are a cosmetic ɔroblem, on his face and neck. He relays any information egarding lymph-node problems to me.

He has been fully evaluated at Vanderbilt, the University of Alabama, and Stanford, where the syndrome was de-cribed by Dr. Dorffmann. He is presently under no treat-nent except intermittent prednisone when the lymph nodes enlarge during a respiratory infection.

He reported to me today the article in *The Saturday Evening Post,* and I have called your office regarding the lysine supplemental diet that was described. I would also be interested in any information you might have regarding the use of acyclovir for lymphadenopathy. By electron microscopy, his nodes do not appear to have a viral etiology; however, I believe he would like to at least try this medicine empirically. I will not be treating the patient myself with it; however, I would pass any literature you had to my hematology and oncology colleague for his review and recommendations.

I will be happy to provide further information regarding this patient to you if requested and permitted by the patient.

David P. Schroeder, M.D.
Anniston, Alabama

The last two letters are representative of the many inquiries we have received regarding lysine and lymphadenopathy—which is just a long word for swollen lymph nodes.

We would like to keep this academic inquiry stimulated with results from empirical use of lysine throughout the country so that more research will be done. In pursuit of this goal, we went on a fact-finding mission to Heartland Lysine, USA, in Eddyville, Iowa, where lysine, the essential amino acid, is produced by the truckloads to be used as a food supplement for animals. *Post* readers know of our ongoing interest in studying the use of lysine to prevent not only cold sores caused by herpes viruses, but also many of the other herpes infections such as shingles (herpes zoster), Bell's palsy, and particularly mononucle-

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In the factory foyer, Masao "Mike" Horiuchi explains to the *Post* the significance of this octagonal wall hanging, quilted and given to Heartland Lysine, Inc., by an Iowa farm wife. "The center is 'Iowa' as written in Japanese," he said. "And the quilt's colors depict corn, for which Iowa is famous, and sugar beets, which are also used in lysine production."

osis, a herpes infection with the Epstein-Barr virus that causes enlarged lymph nodes.

We've reported in the *Post* the successful use of lysine in treating mononucleosis in students at Notre Dame. This all sounds reasonable because lysine has been shown to prevent herpes-virus growth in a laboratory culture dish.

We believe more research should be undertaken on the usefulness of a high-lysine/low-arginine diet in preventing mono and other herpes infections because of the apparent association of mononucleosis and AIDS.

We want to use pure crystalline lysine to develop cooking products for the kitchen, including a lysine salt substitute, a lysine soup-flavoring mix, and a high-lysine salad-dressing mix. In the meantime, the Society will make small packages of this foodstuff, crystalline lysine, available to any of our members who would like to help us discover tasty ways to use it in everyday foods instead of in pill form. If you would like to obtain a 1/4-pound package of crystalline lysine for experimenting, please write: Lysine, P.O. Box 567, Indianapolis, IN 46206.

Our purpose is to see if a large body of persons now maintaining a diet of supplemental lysine might show fewer diseases of the herpes-virus family than those not supplementing with lysine. In addition, we would like to determine whether or not those with AIDS-positive antibodies will be able to avoid converting to AIDS by keeping high blood levels of lysine.

Infectious Mononucleosis' Role in AIDS

Dr. Charles Rinaldo of the University of Pittsburgh and his colleagues recently reported in the *Journal of Infectious Diseases* an interesting association between the AIDS (HTLV III) virus and the mononucleosis (Epstein-Barr) virus.

The findings from the authors' study suggest that much of the pathology seen in AIDS may result from a concomitant infection by the mononucleosis agent, the Epstein-Barr virus. It is interesting to note that these viruses have remarkably similar potential for causing disease. Both cause chronic virus infections, cancers, immunosuppression, and chronic enlargement of the lymph nodes. Before the AIDS virus was introduced into the country, the EBV was recognized as being lymphotrophic (causing enlargement of the lymph nodes). It had also been recognized as the causative agent for Burkitt's lymphoma (a cancer) and was known to have immunosuppressive qualities. Both HTLV III and the Epstein-Barr virus cause leukemias (though the leukemia of EBV, mononucleosis, is not regarded as being malignant). Brain injury resulting in neurologic deficits can be caused by either agent.

In the study, AIDS victims were found to have high titers (levels) of both HTLV III and the EBV virus antibodies. Two of the subjects in the study had significant increase in their EBV titers after they had been newly infected with the HTLV III virus. Similar increases were not seen in antibody titers to other chronic viral entities. In fact, there were fourfold titer reductions in antibodies to the cytomegalovirus after the HTLV III infection. The average titer to EBV was significantly greater in the individuals who tested positive for the AIDS virus. This finding was seen in both those with frank AIDS and those with lymphadenopathy syndrome (LAS). Lymphadenopathy syndrome is a term applied to individuals who have been infected with the AIDS virus and developed extensive lymph-node enlargement but have not yet developed infection by one of the opportunistic infections such as pneumocystis Carinii pneumonia or Kaposi's sarcoma (a form of cancer commonly seen in AIDS patients).

It is unclear as to whether each virus reduces the body's defenses against the other. The authors suggest that HTLV III virus may reactivate dormant EBV. (Fully 98 percent of homosexual men test positive for the EBV; only 19 percent of the heterosexual controls had evidence of infection by this agent.)

Baylor College Lysine-Herpes Study

Lysine is a herpes inhibitor in vitro. Results of a study at Baylor College of Dentistry corroborated the in vitro

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laboratory culture dish) data indicating that lysine inhibits erpes-virus growth in vivo (in living) as well. In the study, 6 volunteers with a history of frequently recurring erpetic lesions completed a 12-month, double-blind cross-ver study. The experimental group received daily oral upplements of 1,000 mg of L-lysine. Serum samples were nalyzed at scheduled intervals. If 1,000 mg of L-lysine is aken daily over a six-month period, and if the blood levels xceed 165 nmol/ml (*nmol* refers to the molecular weight f a substance expressed in grams), the number of lesion re-urrences significantly declines, according to the study.

When lysine supplements are discontinued, lesion fre-uency significantly increases again if serum levels fall elow 165 nmol/ml. It was shown that most persons who ake lysine supplements do, indeed, have increased blood evels of that amino acid.

We wish the chemistry test for blood levels of lysine could e performed in quantities that would drive the cost down. Methodist Hospital in Indianapolis, for example, has to end its samples to Mayo Clinic, and the cost is $150.

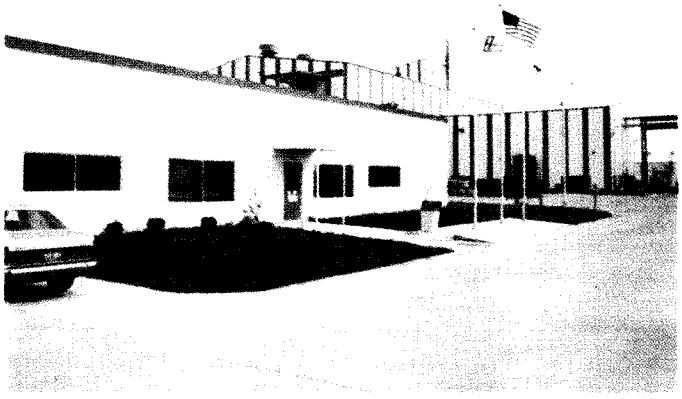
Earlier laboratory work demonstrated that to be effec-ve as a viral inhibitor, lysine must be present in the ulture media before inoculation of the virus. If the lysine vas added after the viral replication had already begun, no nerapeutic effect was noticed. This would seem to confirm nat lysine acts as a suppressant, not a curative.

An interesting phenomenon observed in the study was ome persons' apparent ability to absorb more lysine than thers. This was evidenced by observing comparable base-ne serum-lysine levels and contrasting them with the evels obtained after six months of lysine supplementation. rom the outset of the investigation, a possible lysine-ransport defect in persons giving a history of frequently ecurring herpetic lesions was postulated. Lysine has been hown to have definite antiviral activity in tissue cultures. Aore specifically, it antagonizes or inhibits the growth-upporting action of arginine in herpes-virus cultures. It ould be hypothesized that, in the absence of adequate oncentrations of lysine, tissue cells are more susceptible to iral activity. Therefore, a person deprived of dietary ysine (lysine is one of eight essential amino acids in man nd cannot be produced endogenously within the body) or ne unable to absorb or utilize the chemical compound vould be more vulnerable to recurrent herpetic infections.

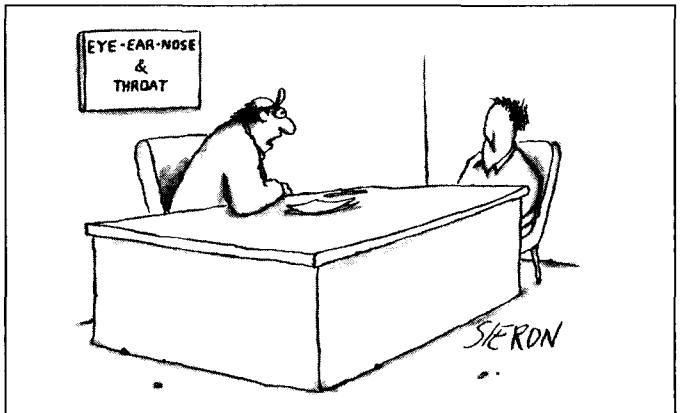
The authors explained further: "When 1,000 mg of oral ysine is supplemented daily, basic physiologic laws come nto play. Lysine, because of its concentration excess, educes arginine absorption in the gut. Similarly, less rginine is reabsorbed in the kidney and more is excreted in-o the urine. The additional lysine that has displaced the rginine in serum now enters the transport system of the ssue cells. This decreases the relative intracellular content f arginine, resulting in a preponderance of lysine. In lab-ratory tests, such a ratio is detrimental to viral replication.

"Normal adult serum-lysine concentration ranges from 2 to 249 nmol/ml, while the values for arginine are 21 to 37 nmol/ml. Unfortunately, serum levels do not always orrelate with cellular concentrations. From the data ob-ained here, however, there seems to be a strong associa-ion between serum levels and lesion frequency; that is, the igher the blood levels of lysine, the fewer the recurrences. t would seem that, to be effective, lysine must be absorbed ntracellularly. The more lysine ingested, the higher would e the serum concentration. Likewise, the greater the intra-cellular concentration, the poorer the viral growth poten-tial. The end result would be a smaller number of herpetic recurrences. In the few patients in whom this does not hold true, several possibilities exist. First, a defect in the transport system across the intestinal villi and into the blood is plausible. Second, a similar defect in the target cells themselves might be considered. Third, there may be other metabolic products that are competing for the same transport receptors as lysine, causing a transitory inhibi-tion of lysine absorption. Finally, some persons may re-quire higher than 'normal' lysine levels in which to create an inhibitory environment for viral growth. Indeed, at least in some animals, there are genetic variations in the utilization of lysine and arginine that make some more vulnerable than others to viral infections."

The authors of the study concluded that herpes simplex is an arginine-dependent virus whose growth is inhibited by high intracellular lysine concentrations. Conversely, lysine deficiencies seem to activate the herpes virus. From the re-sults obtained, the concentration of arginine did not seem to be a factor if serum-lysine concentrations were adequate.



Six thousand metric tons a year of crystalline lysine is being shipped to U.S. and Canadian customers from this $40 million Japanese- and French-owned plant in Eddyville, Iowa. The role of lysine is now recognized as an essential component of every poultry and swine diet. (It's essential for humans too, of course, but not for cattle, who have extra stomachs and can manufacture their own.)



"You really should have come sooner."

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Christmas Visitation

continued from page 103

mother—if she will be my family's guest—and the court's phone is open for calls and the court's living room is open for visits from either Mr. or Mrs. Little—if time permits. It is so ordered."

The gavel came down and in unison the lawyers bounced up with objections. The litigants glared angrily, and Judge O'Brien calmly gathered his robes and left the bench. Clarence, barely able to contain himself, beaming from ear to ear, adjourned court.

In two little bands the parties left the courthouse with their lawyers, muttering of injustice and the insanity of the judge. Patrick and Mrs. Little waited patiently on the front steps where Clarence had asked them to meet the judge. Judge O'Brien quietly shed his robes for the last time and, as he looked out his window at the snowflakes swirling and dancing in the street below, smiled as he turned off his office light for the last time.

Memory Loss?

continued from page 52

ERT was initiated during the 1950s employing regimens of estrogens without progesterone, which did not mimic the normal cycle of premenopausal women. As a result, in 1975, it was recognized that this method of ERT resulted in a high incidence of uterine cancer. This has become known as the "cancer scare." As a result, researchers around the world have studied the efficacy and safety of cyclical estrogen therapy with progesterone, which mimics the normal menstrual cycle.

Recent data suggest that, compared to the use of estrogens alone, or even to the use of no estrogens at all, the use of cyclical estrogen with progesterone during the postmenopausal period may actually prevent uterine cancer. In fact, the risk of death from uterine cancer, the most serious side effect of ERT, is 1 in 20,000 after years of treatment. And while the risk of death from an airplane flight is 1 in 10,000, the risk of death from hip fractures due to osteoporosis in elderly women who have not taken estrogen replacement therapy is 1 in 60.

Indeed, the risks of long-term postmenopausal ERT are probably far outweighed by the benefits. Besides preventing osteoporosis, recent data suggest that long-term treatment of postmenopausal women with ERT may prevent heart disease.

And newer, safer forms of estrogens, such as the application of estrogen via the skin patch, which was recently approved for the long-term treatment of osteoporosis in postmenopausal women, will further reduce the side effects of estrogens.

In our modern era, we still need to learn more about the impact of estrogen deficiency in the postmenopausal period of life, a time that can be the crowning pinnacle of a woman's life and accomplishments, a time in which the modern woman will spend fully one-third of her life, a time when thinking clearly could never be more important.

"We're looking for the right mix of lovable characters and automatic weapons."

Estrogen Skin Patch

continued from page 56

had children and women who have excessive intake of caffeine are at higher risk. Poor nutritional intake of calcium throughout adult life tends to contribute to less bone density. Then when a woman loses estrogen at menopause, she's starting from a compromised state and so deteriorates more rapidly. At this time, the general recommendation by the FDA is that women less than 60 who have no contraindications [warnings] to taking estrogen replacement therapy should probably receive estrogens to prevent osteoporosis.

Dr. SerVaas: What about after 60?

Dr. Fillit: Well, it seems that if the woman has not taken estrogens for the ten years between 50 and 60, she's already lost the majority of bone that she's going to lose. And estrogens don't put much bone back; they primarily prevent the loss of bone. If the horse is already out of the barn, so to speak, you can't do that much to further prevent it—we can't go back and replace bone that's already been lost. The physician has to make an evaluation for each individual case.

Dr. SerVaas: But you might prevent memory loss, or the onset of Alzheimer's, or heart disease?

Dr. Fillit: These are research areas where, I think, in the next 10 to 20 years we will see more of the long-term effects of estrogen deficiency in postmenopausal women. We know that premenopausal women don't suffer as many heart attacks as men. After menopause, women begin to have as many heart attacks as men. Most scientists think the reason is that estrogens are protective during the premenopausal time, and when lost at menopause, that protective effect of estrogen on heart disease is lost, and women begin to experience the same rate of heart disease as men.

Dr. SerVaas: What are the contraindications for estrogen therapy for postmenopausal women?

Dr. Fillit: There are what we call absolute contraindications and relative contraindications to estrogen replacement therapy. The primary absolute contraindications include endometrial cancer or a history of endometrial cancer in the person. If she's had a hysterectomy, then this is no longer a problem, but this should be considered by her gynecologist as to whether, for example, there might be local disease as a result of the previous endometrial cancer. Breast cancer is a contraindication. Even though we don't know exactly the relationship of estrogen and breast cancer, I think that history of breast cancer remains an absolute contrain-

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dication to estrogen replacement therapy. A history of blood clots when the patient has been on estrogen replacement therapy is an absolute contraindication.

Dr. SerVaas: Is the risk for blood clotting in the postmenopausal woman on estrogen and progesterone the same as the risk for clotting in the premenopausal woman on oral birth-control pills?

Dr. Fillit: Well, again, most of the data regarding risk factors do come from the use of oral birth-control pills in premenopausal women, and these data have been extrapolated to the use of estrogen replacement therapy in postmenopausal women. Now as we mentioned, these are two very different situations. Nonetheless, in terms of being conservative and cautious, we still use many of the contraindications that we see in premenopausal women because we have such a wide experience with oral birth-control pills in the premenopausal woman. These criteria are the ones we use for estrogen replacement therapy in the postmenopausal woman. It may turn out that some years from now, we will have different contraindications in the postmenopausal woman, but at present, simply the presence of phlebitis or clots on estrogen therapy or a previous history of it would be an absolute contraindication to the use of estrogens. The relationship of estrogen replacement therapy to stroke in the postmenopausal and menopausal woman is not known, although as I say, recent data suggest that estrogens in postmenopausal women may actually prevent vascular disease.

The question is: What are the consequences of osteoporosis in terms of everyday life? There can be bone pain and certainly fractures that occur as a result of thinning of the bones from osteoporosis, leading to a loss of height. In some women this can be a very severe loss in height to the point where by the time a woman is 80 years old, she could have lost four or five inches. As a result, not only does she get bent over, but her ribs can actually come to rest on the pelvis, and, of course, this is a very bad and painful event for these women, because then two bones are actually rubbing against each other. This can be a source of pain in severe cases of osteoporosis where a lot of height is lost. Osteoporosis can also, because of the deformation of the rib cage, lead to breathing problems, and it can also lead to fractures, which we call march fractures, that go unnoticed in the foot. Women can simply be walking down the street and step down on the ground and have a fracture of the foot. Certainly hip fractures are a consequence of osteoporosis. So osteoporosis can have a lot of subtle and very severe consequences for the everyday life of a woman. It's not just the idea that the bones are thinning, but from a practical point of view, this can be a severe cause of everyday problems.

Dr. SerVaas: What are some of the things that women can do? Should they keep a chart on the wall for height?

Dr. Fillit: Well, it's true that sometimes women can suffer vertebral fractures and lose height and not know it, although usually vertebral fractures are a source of very severe back pain. Certainly, loss of height can be a sign of osteoporosis in the postmenopausal woman.

Dr. SerVaas: What about loss of memory?

Dr. Fillit: Well, we don't know that much about the psychologic disturbances of the menopausal and postmenopausal period. This is something we're extremely interested in. We would very much like to know the relationship between the presence of osteoporosis and the presence of brain dysfunction, such as memory loss and depression. A major cause of hip fractures in elderly women with osteoporosis is certainly falls. And although there are a lot of causes of these falls, one of them is lack of attention and other kinds of mild psychologic brain abnormalities that could also be related to the systemic estrogen deficiency in its effect on brain and bone simultaneously. So it would be very interesting to know, for example, how much the postmenopausal woman with osteoporosis complains of memory loss or depression or anxiety, difficulty concentrating, and these kinds of problems.

Dr. SerVaas: What are some of the things a woman needs to do before going on estrogen therapy?

Dr. Fillit: Well, a woman should certainly be seen by a gynecologist for a full medical checkup. She should be evaluated for risk factors and certainly should have a breast exam an vaginal exam. I like to recommen that the patient also have a mammo gram. The question whether the pa tient should have an endometrial [lin ing of the uterus] biopsy is not clea from a cost-effectiveness point o view, but from the safety point o view, some experts do recommen also that women have endometrial bi opsies. Another way to approach th same problem has been the suggestio that progesterone stimulation tests b used. This is where the woman woul receive progesterone for approxi mately ten days prior to being give estrogen, and if she bleeds during th progesterone, it may be an indicatio of a pre-existing endometrial carci noma, and, therefore, the patien should then have an endometrial bi opsy. The patient should also be eval uated for hypertension. I'd say tha severe hypertension would be an abso lute contraindication; mild hyperten sion might be a relative contraindica tion to estrogen replacement therapy Another relative contraindication should mention is diabetes, sinc estrogens affect glucose tolerance Mild diabetes is probably not an ab solute contraindication, and I thinl that postmenopausal diabetic wome can safely take estrogens if th diabetes is mild. If it's severe, then would say that would become an ab solute contraindication. There ar numerous other diseases, such as por phyria and a history of other kinds o cancers, that might be absolute o relative contraindications.

(continued next issue

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